

OUR COMMON WEALTH

JULY-AUGUST 1994 #49

Common Ground

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Kristen Wall, represented Canada in 1993 World Rowing Championships



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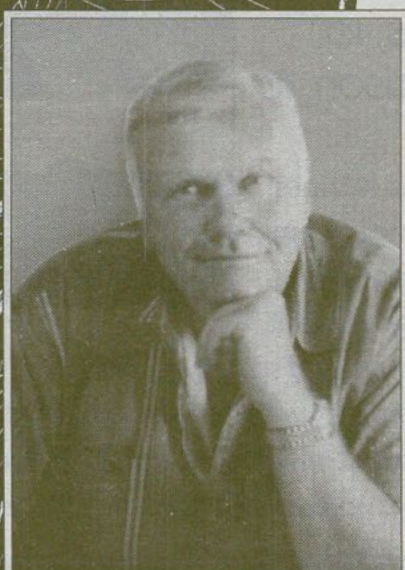
I am able to row longer, and more intensely, with minimal fatigue. Other rowers ask me if I ever get tired. I simply answer, 'No' (thanks to Floradix!)."

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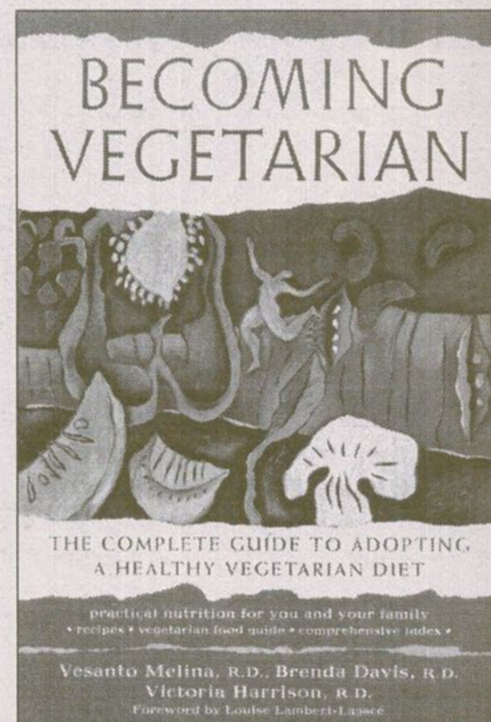
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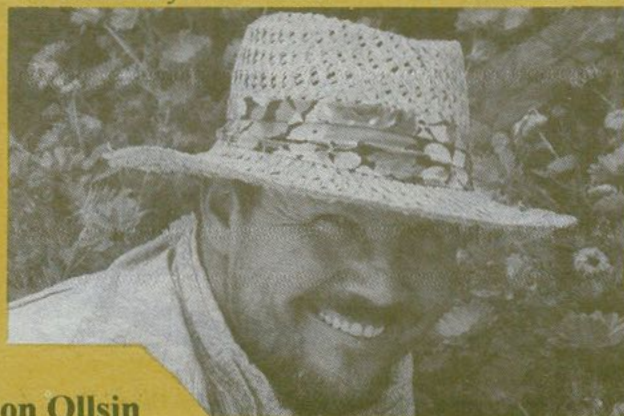
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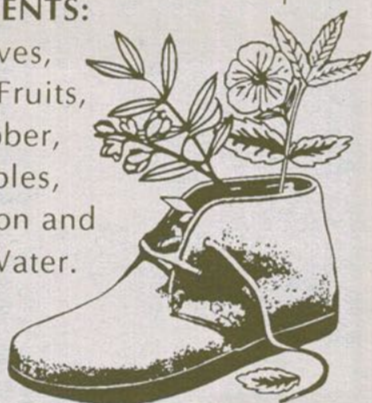


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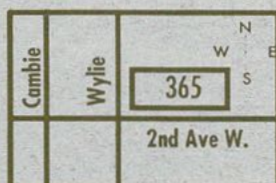
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OUR COMMON WEALTH

Rick Hansen takes aim at inner barriers

The man is still in motion, and in transition

Interview by Joseph Roberts

Rick Hansen will put insights gained from his Man in Motion World Tour into a new book, *Going the Distance* (due September from Douglas & McIntyre), co-authored with UBC graduate, Dr. Joan Laub. "It's seven steps to personal change," says Hansen, "a unique blend of the personal experiences of someone who has gone out and experienced change and someone who has actually done research on change.

"We are looking at three kinds of levels. Inspiration, to make people see the possibilities that it can happen. Motivation, which means that it can actually happen to you, you can do it. Then education, which is once you decide to do

that, you now have the tools — saying 'Okay, I can do it, but how do I do it?'

"As I go along I'm looking at evolving from being the message to being the messenger to being the medium, and that's my long-term objective."

RH: I focused the last seven years working on external barriers that limit people with disabilities from achieving their potential and feel very comfortable with what we have been able to achieve. But I have recognized that my greatest impact would be to move onto the people's internal barriers, not just with people with disabilities, but all people. That is my transition for this next year.

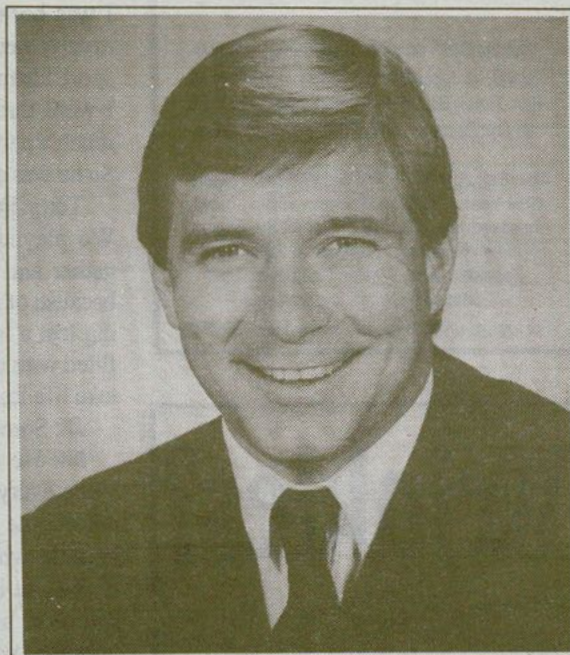
JR: 12 years ago when we started *Common Ground* there wasn't as much

focus on inner development and how our inner blueprint effects our life.

RH: We found you can spend a tremendous amount of time and energy removing physical barriers that stand in people's way, environmental barriers. But in the end you really can have two people with the exact same disability in the exact same environment, and one person will thrive and the other person will have extreme difficulty. And it's not really as a result of the work the people have done in their external role. It is usually based on their attitude and how they deal with life and how they can manage themselves within the context of their environment, how they deal with change and their fundamental life skills. So it inspired me to understand the deep significance of focusing on the individual and their personal ability to manage their life effectively. That is so critical, and yet it's been underemphasized throughout our society. Mistakes don't have to be repeated if we can gain access to available information and allow ourselves the ability to make decisions.

JR: Who were some key people in your development?

RH: My wife has been absolutely pivotal in everything that I do. She is my friend, my mentor, my partner and obviously my wife and lover and we spend so much time together and we talk about everything. Amanda has been really critical for me because, in essence, the commitment to our relationship has really been a commitment to be able to look yourself in the mirror and see who you are and then to have the courage to look



Rick Hansen

photo: Wildman Photography

to the future and see not only what you may be but actually take the steps to walk down that path. She has been fabulous and it a beautiful journey.

If I look at other people Stan Stronge was an amazing role model and mentor. He was one of the first surviving paraplegics. He was injured in 1938 when people weren't supposed to survive and he was discharged from the hospital the day Pearl Harbour got bombed. He was discharged with the uncertainty of whether his life would continue and, if it would, what kind of life would it be. He had to carve his life out of a society that seemed to be built in stone, and make something out of it.

Through personal will and perseverance he was able to find that quality of life and to shape his environment based on his attitude, to not only succeed within himself as an individual, but to contribute to the lives of others. To inspire them not to give up and to continue to recog-

See page 10

Rick Hansen is the first incumbent of the Rick Hansen National Fellow Programme at UBC, an advocacy program for persons with disabilities. He is a board member of the 1994 Victoria Commonwealth Games Society, the Rick Hansen Man in Motion World Tour Society, NIKE Canada, and other bodies. He is available for public speaking and workshops through Rick Hansen Enterprises, Ste. 110 - 1200 West 73rd Ave., Vancouver, B.C. V6P 6G5.

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Rick Hansen

From page 9

nize that life and the successes of life are not measured by whether you can use your legs but rather by the richness of one's spirit and their experiences. So set your own standards.

Stan came to me at my school in Williams Lake at a time when I was feeling pretty down and didn't see much of the possibilities in my life as it exist after my disability. I was 16. He introduced me to wheelchair sport and all the possibilities that existed and the competitive world that allowed me to fulfil my spirit. I was born an athlete and through his involvement I was able get back into sport. He nurtured and encourage me as I went through my life and was very much a part of the Man In Motion tour. So he was one key person.

Terry Fox was another key person. We played wheelchair basketball together and were friends. It was partly because of his tenacity for life and having lost a leg to cancer I guess he was filled with that sense of resolve -- not to take life for granted.

JR: Some people never wake up.

RH: He definitely woke up and he woke everyone up. I guess he also inspired me in a very profound way because when I saw his journey, I was looking at it from a very personal perspective, because our friendship and because I was a person who also shared disability, and I had had this physical dream of wheeling around the world as a challenge since 1974, not long after I was injured. When I saw his journey, I saw the messages that were coming out as secondary messages about creating a better awareness of people with disabilities and their potential when barriers were removed. So that was a paradigm shift for me and it gave me the glue to actually commit to the Man In Motion tour.

Bob Proctor was one key person who worked with me to make the transition from external barriers, work that I have been doing over the past seven years, to working on internal barriers. Bob was a teacher by training and I was destined to be a Phys. Ed teacher. I graduated at UBC and understood the value of sport as a metaphor to communicate life skills. I was distracted slightly on the Man In Motion tour but the real core of who I was hadn't gone away. It was through discussions with him that I able to start to make the transition and commit to making that happen.



Mike Photo

completely accessible for people with disabilities. Their volunteer recruitment has included people with disabilities and they have had training to make people more aware of the different groups.

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*I have a firm belief
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and it really depends
on how open you are.*

I have a firm belief that any time you meet a person, you're in a potential position to have your life profoundly changed through that experience, and it really depends on how open you are, on the moment and the person in the exchange. It can be subtle, it can be profound but it's through interactions and striving in our own lives that we are re-oriented towards new possibilities.

JR: You're doing work with the Commonwealth Games. How can we further integrate persons with disabilities?

RH: There is a difference between rhetoric and principle and action. The decade of the '80s will be remembered as the decade of awareness where we started to talk about all the problems and the issues. The decade of the '90s will be remembered as the decade of action. It's where people start to translate those principles into real application.

The Commonwealth Games is one example of the decade of the action because what they have done is taken the principle of the inclusion of people with disabilities and integrated that concept with the development of the Commonwealth Games. They have not only included athletes with disabilities in the events for the first time ever, but they have also included people with disabilities as employees. They even have employment equity policies. With the accessibility program the games are

abilities -- it's the whole scene of participation of people with disabilities at all levels.

So I think the way that we continue to make change is by changing that disability is just some segregated little group that doesn't apply to us. It applies to everyone and all of us have an opportunity contribute in some meaningful way. Sometimes you need to ask the question: how does this relate to me and my world? For instance in your world, it is the opportunity to communicate it through your magazine. In someone else's world it may be by hiring a person, while for someone else it may be putting a piece of plywood up to their door so that their neighbour can come over for a cup of coffee.

JR: Are there major emotional barriers? Barriers of self-esteem, barriers of embarrassment?

RH: People with disabilities, they deal with life's challenges in many similar ways that the everyday average person does. We all have our own levels of disability. Some are visible and some are not so visible. We all have our own life's challenges. Some are physical, some are emotional, some are tangible, some are intangible. But they are challenges nevertheless that are no more or no less significant than what the other individual is feeling. I think the key is that people with disabilities should be given the tools to be self-determined, the same as with people who don't have disabilities.

JR: Do you have tips on how people can work together as teams - whether its in an office, job situation, or in a family?

RH: One very important part of teamwork is first establishing what the goal is and clarifying the objective. Often people come together and if they are not really clear on the objective they can flounder very, very quickly. The objective needs to be clarified.

There are some things that are really important and that is the identification of what your guiding principles are. If I'm going to help you, what are your principles, your philosophy, your beliefs, the things you value in relation to this objective and within that, then I can come and start to help

See page 36

Wrinkles?



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Being a human being

Who & what we really are: a conversation with Chief Leonard George

By Joseph Roberts

JR: We are controlled to a large degree by very superficial impressions. What can we do to see past the illusions?

CLG: Before colonization and the development of nationhood, all people -- Gaelic, Russian, Indonesian, whoever -- travelled and worked in tribal groups. For the most part they guided themselves by accessing their subconsciousness: being aware of their past, being really clear about their present. From here they knew where to go in their future. Subconsciousness is the only place we can know our past, present and future. And it is the only place you can talk to God, whatever your understanding of God is. All holy people, from all races, use rituals to help them access their subconscious minds. That's how they are able to give direction.

JR: But today it's hard to be in touch with that source of being. We are bombarded with strange imagery all the time, so much of which is just distortion and misinformation.

CLG: We are so detached from our original mandate as human beings. That's why we're all following these illusions. Capitalism works, just as communism works, by oppressing people. All people. Even the ones who are in government, who feel that they are in control, are oppressed by their own system. In any materialist system, all people, from the President to the street person, are expendable. Everybody can go and everybody can be replaced. In a system like this, how can we expect to grow and to develop, to carry out the mandate of being human? How, when everything and everyone is disposable?

We don't have any value to one another. Instead, we see each other as a threat. For instance, with treaty negotiations among the federal and provincial governments and the Indian people, the approach is, "What can I get that you have, and what have I got that I can stop you from getting?" and it goes from there. It's not, "What do we have in common that we can begin working from, and what value do you have that I can learn from?"

People have been divided and conquered through these systems. But when we get close to one another in our communities, we really don't have any problem dealing with one another. Not once we break through all the falsehoods

we've learned about one another.

JR: Could we, in the cities today, return to the tribal systems?

CLG: The first step is to become aware of just being a *human being*. When you start to do that, you start to work with your family differently than you would have before. The family itself is what the tribal systems come from. The families became the extended families, and gradually that family grew to a tribal

group. You can develop that type of communal community and adapt it to wherever you live.

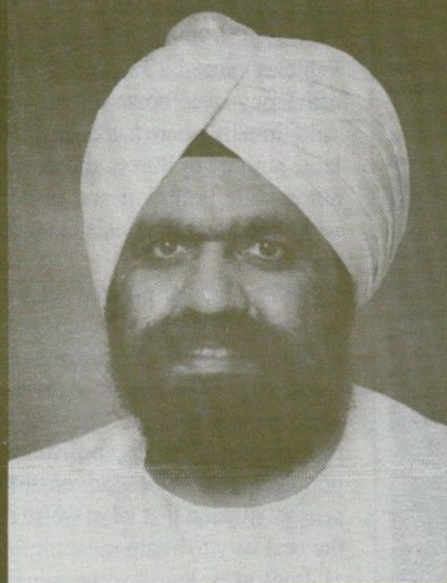
There are two parts to this. First, as I've said, people become really strong by learning to value themselves simply as human beings. Second is to be proud of your nationality, your heritage. I don't like this cop-out of saying "my culture is dead." That's just propaganda that was written and sold to us all. Just like how

the prime minister wakes up one day and people around him are advising that this is a good day to announce a recession. So we go to the press and announce that there is a recession, and everybody stops spending their money, investing, growing and developing, and goes into recession mode. I'm sure that an economist would argue that to death, but to me it's an example of how much we are controlled by the powers of suggestion.

JR: What work of yours is the most important to you?

CLG: I like to remind people about the fact that they are human, to share in what our real value is. That it's okay to feel angry sometimes, it's okay to feel left out, it's okay to feel lonely. It's okay to celebrate and be happy too. Don't carry too much of the burden. There are millions here who share it with. And we all get feeling good over the same thing. •

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Sant Rajinder Singh

- President of the World Fellowship of Religions
- Major Presenter at the 1993 Parliament of the World's Religions

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Overdosing on progress

What is always important is to be sure that the new is not worse than the old.

By Joe Fasciani

"It is very easy to fall into the notion that if the new is viable, then there must have been something wrong with the old. This view, to which organisms already suffering the pathologies of over rapid, frantic social change are inevitably prone, is of course, mostly nonsense. What is always important is to be sure that the new is not worse than the old.

"It is still not certain that a society containing the internal combustion engine can be viable, or that electronic communication devices such as televi-

sion are compatible with the aggressive interspecies competition generated by the Industrial Revolution. Other things being equal (which often is not the case), the old -- which has been somewhat tested -- is more likely to be viable than the new, which has not been tested at all."

Dr. Gregory Bateson

I was in a heritage Saanich pub recently; antique photos are part of its decor. I found one of these most interesting: it shows a huge brewing vessel being delivered on a wagon to a Vancouver

Island brewery by two draft horses and a wagon. Today that vessel would be delivered by a trailer truck powered by over 200 horsepower. Do we really believe this is meaningful progress? Single occupant automobiles are now far more common than horses ever were. We're addicted to immensely powerful machines that kill people and even entire bioregions.

Now we see the present provincial government spending more than a billion dollars it hasn't got on a massive freeway system from Victoria to Nanaimo. Its purpose is to relieve congestion and reduce the potential for accidents. And it may, and drivers may feel good -- for a while.

A few years ago I read that New York City commissioned a traffic study on the movement of vehicles through Manhattan. The study found the average vehicular speed in 1900 was 3.41 mph; the rate in 1990 was 3.0 mph. Motorized vehicles caused a 10 percent decline in efficiency over horse-drawn transport. Additionally, there has been an incalculable amount of illness and death due to automobile pollution and accidents as well, but we believe this is the price of "progress."

As Dr. Bateson pointed out, we are ill; we suffer from the pathologies of overly rapid environmental change and consequent social disruption. Although it is impossible to take one's bearing without points of reference, politicians and populace lacking these advocate the consensual illusion that what we're doing is the best way to attain meaningful ends!

Look at the logo on government highway construction signs -- "Freedom to Move!" But to where? And for what? Would it not be more useful to invest that billion plus in community renewal that allows us to live and work in our neighbourhoods rather than driving an hour or more every day to work, or to school, or simply to buy groceries? A simple question, but its answer seems to elude every governmental entity.

To invest in our communities -- in ourselves rather than asphalt and concrete monuments -- would greatly reduce the stress we impose on ourselves. This will lessen traffic and pollution, reduce crime and violence; people will have more time to relate in humane ways. Small gains, perhaps, but what if they brought us the contentment we so desperately lack and seek? Of course, these are intangibles that cannot be made into monuments, which most politicians prefer.

On a planet already humanly overpopulated beyond its carrying capacity, further industrial development is cancerous; we delude ourselves if we believe otherwise. Again, from Dr. Bateson: "The discipline, always to look for the best move on the board, is hard to attain and hard to maintain. The player must always have his eye on a longer view, a larger *gestalt*... So we come back to the place from where we started: seeing that place in a wider perspective."

Not only our province but Canada too needs a deliberate moment in our history, so we may obtain the perspectives we need. Only then can we ask: are we

Look at the logo on government highway construction signs --

"Freedom to Move!"

But to where? And for what?

ready to give up our fatal addictions, no matter how seductive? And if so, how shall we do this? Surely you have ideas on this; I offer these:

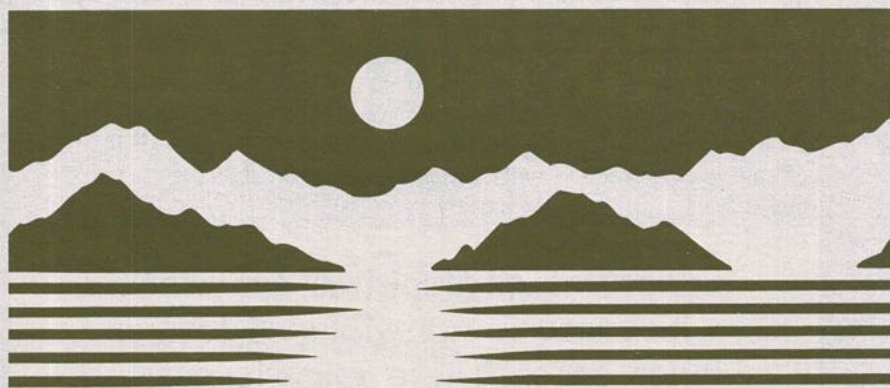
- > remove all tax from used cars, tax new vehicles on mileage (i.e., tax high mpg vehicles at a lower rate)

- > simplify and loosen building codes so people of low income can create imaginative, affordable housing

- > allow municipalities to manage regional resources as has long been done in Germany's forested areas. This lowers taxes even as it creates meaningful communities.

These are simple matters, truly the commons we share, yet they are rarely, if ever, raised by either progressive or conservative politicians. For how would they end denial in one area and not the others, such as: Why do we have to suffer the uncertainty at best, cancer at worst, of contrived flavours and artificial colours? And now closes the circle of the commons.

Why doesn't government halt the adulteration of food? If only genuine vanilla were allowed native people would have a better income and incentives to preserve jungles that support the vanilla orchid. Our planet is a small circle. If we do not act sensefully to preserve Earth so that it may preserve us, our choices will decline precipitously. To achieve this, we need only remember, as e.e. cummings wrote 50 years ago: "a world of made is not a world of born." •



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Coleman Barks & Zuleikha
- 11 - 14 Science & Spirituality
Rupert Sheldrake
- 11 - 14 Poetry, Creativity, Passion
David Whyte
- 14 - 17 Jill Purce
The Healing Voice
- 15 - 20 Memories Into Stories
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- 18 - 21 Inspiration To Dance
Zoe Ryan
- 22 - 27 Meditation, Drum, & Ecstasy
Gordy Ryan

29 - 3 Deep Ecology

- Fran & Joanna Macy*
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Alma Daniel
- 5 - 10 Wild Women Gathering
White Bear Woman & Lucie Blue Tremblay
- 5 - 10 Hakomi
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- 12 - 17 Tibetan Buddhism
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Spiritual Dialogue promotes unity

Dear editor: I was fortunate to attend the World Parliament of Religions in Chicago last year, a celebration of the rich diversity within our essential unity. This pioneering effort led to new friendships and further cooperation when many leaders and participants met again at the 7th World Religions conference held in Delhi this February (mentioned in your last issue: "India's Living Sant Tradition"). A friend and I who participated in the conference, noted many features we thought would be of interest to *Common Ground* readers.

Focusing on spiritual unity, peace and the environment, the conference began with two days of dialogue on the relationship between prayer, meditation and non-violence. Each session began with a prayer or meditation led by a different tradition. The willingness to pray, discuss, and listen without insisting on one's own form or promoting one's own way enabled creative cooperative response to the crisis facing humanity and the planet.

An action plan emerged aimed at protecting the rights of all life forms and based on the commitment to a life-path of non-violence towards all creation. One necessary aspect of such a path is to turn away from greed and waste. The development of an Earth Ethic was begun, and delegates agreed to work towards making 1996 the United Nations International Year of Non-Violence.

Participants were called upon to work towards establishing peace within themselves, to develop a personal relationship with the divine and attain to a vision of spiritual unity; from this, peace and non-violence unfold as a natural consequence.

Practical efforts to affirm and apply our spiritual unity are on-going and a Spiritual Dialogue is scheduled for August 12th at the Waterfront Hotel (8

pm). Sant Rajinder Singh (President of the World Fellowship of Religions), whose invitation convened the Delhi conference, and other spiritual leaders will take part. The event is open to the public at no charge and all are welcome.

J. Morgan and A. Greene

Editorial courage

Dear editor: I am writing to express my admiration for your courage to put into print Jeff Swanson's article on Glen Kealey and his crusade against the rampant corruption in our political system and the prime minister's office under Brian Mulroney in particular. (CG #44) I know you did this against the advice of some people close to you. I am very happy you have joined our ranks because your publishing of Jeff's article is most satisfying to those of us who have fought a long battle against the Mulroney brand of corruption in public affairs.

Klaus D. Ross, Port Coquitlam.

No to tobacco

Dear editor: Thank you so much for sending me a copy of *Common Ground*, Jan/Feb. 1994 issue containing the article with my interview entitled "Tobacco Imperialism."

This is just a note to say thank you for your interest in this issue and congratulations for an excellent article.

**Dr. Judith Mackay,
MBE, JP, FRCP, (Edin), FRCP (Lon),
Hong Kong**

Love story

Dear editor: I was once along in a room full of people. Sometimes my legs felt weak. I had tried so many times. Each one was the same. Each one was different.

I was resigned to an ultimate inadequacy. I was to make a choice: (1) respect, honesty and love, or (2) chemistry, passion and love. In my dreams, both were possible. In my reality, I could find

only one at a time.

Then she came into my life with pictures in her eyes. And my dreams came true. Somehow, my actions had forgiven my past. Somehow I did everything right: with symmetry, with order. We had allowed a foundation of admiration, respect and intrigue to develop between us. The first night I finally kissed her, was the first night I had fallen in love for the first time in my life.

I know in my heart that there can never have been a greater love. Matched perhaps, but not surpassed. More honesty, more expression, more giving of everything I have to give, could only be fatal in greater amounts. Sometimes, no matter how much I give to her, I can't get it all out; I can't say or do enough. And my love for her brings silent tears to my eyes.

I am so very proud of what we have. When it all seems too good to be true, I find assurance in the eyes of those who have watched us fall in love. No matter how many times they've heard them before, I see trust, hope, and admiration for our words. Words that many use insincerely.

I want to be an inspiration to those who hope. I want to give hope to those who have given up. I want to write a beautiful story about a dream that became a reality.

Please let me know of your interest. You may fill a need you hadn't thought you had. That's what this is all about: discovering the untapped, enormous capacity of the human heart.

Lyman Magenau

Letter from Athens

Dear editor: My name is Sofia Zafiratu and I am a biologist, PhD. in biological developmental anthropology. I am also a student at the Medical School, University of Athens.

Since I am interested in holistic medical therapeutic systems, I would like to become a subscriber to your magazine.

Sofia Zafiratu, Athens, Greece.

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BY LOUISE L. HAY

Hold onto love to overcome racism

Dear Louise: I am a 36-year old black woman who asks myself why some people of my own race act the way they do. At my job, blacks "down" other races because of so-called facts perpetrated by other blacks, such as "We are owed due to 400 years of oppression," "Other races are devils and only act nice to us," "Interracial mixing creates a new minority," "We have the right to be angry because things were taken from us," "No way am I dealing with anyone outside my race," and so on. I'm sure you've heard it all.

I am fully aware of what has happened in the past and I do see that racism still exists. Fear is still the continuing cause of this hatred. I get along well with other races on my job, but the other blacks do not even care to try. I am made to feel that I "kiss up" to my supervisor because I get the days off that I want and am commended for my work. What is wrong with being myself, ridding myself of old, outdated beliefs and eliminating negatives from my life? I have been doing affirmations regarding release and blessing my job with love and forgiveness.

D.D.

Dear D.D.: As part of our path in life, we are constantly learning lessons. Not all of us are ready to love *all* of life. I myself still have problems with rats and spiders. Each person will change when it is time for them to do so. It's easy to want to change everyone else's attitudes for the sake of the planet, but to judge another is self-righteous and delays our own growth, so just stay on your own pathway.

What you are doing is the best thing we all can do to heal the separation between all people. Continue to come from the loving space of your heart as much as you can and don't pay attention to what others may say. Whenever you take a different position from the majority you can expect to be ridiculed. I, too, get flack from some people for my views on life, but I know that I must stick with what I believe.

What happened in the past is one of the most shameful parts of history. It is a wonder we have not had riots and rebellions much earlier. The prejudice and racism that con-

*To write Louise, send your letters to
Dear Louise, c/o Hay House, P.O. Box
6204, Carson, CA 90749-6204.*

What happened in the past is one of the most shameful parts of history. It is a wonder we have not had riots and rebellions much earlier.

tinues to happen now is regrettable. They do not contribute to health and healing no matter who expresses it. You are right when you say that this hatred comes from fear. One day we will stop fearing each other and recognize that we are all one people with the same capacity for loving and being loved.

Whenever you feel ridiculed by others for your beliefs, repeat this affirmation: I see harmony and healing between all people everywhere. This will keep your focus on the vision that we do want.

Dear Louise: I would like to know if you could give me an affirmation to help me. I have been suffering from low self-esteem, and I do attend therapy, but my problem is with perspiration. I'm a very clean person, and I'm only 110 lbs. and 5'4". I know my problem is deeper than just having a good excretion system. I know that I have a lot of problems, but I'm willing to do the work if you would give me guidance. Thank you, Ms. Hay, for your books and for being a part of my life.

C.D.

Dear C.D.: It sounds as if your body is functioning in a constant state of alarm. When fear becomes chronic and the body is always functioning at "fight or flight," the body becomes toxic with a constant flood of adrenaline. Perspiration is the means your body uses to release these accumulated toxins.

Take time throughout the day to pause and reassure yourself that you are safe. Fear is often created by a belief from childhood that we are separate and alone in the world. Take time to remind your inner child that you are one with all of life. A wonderful affirmation for you is: "I am safe in the universe and all life loves and supports me." •

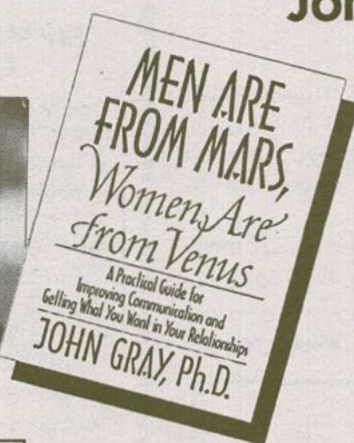
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my head before their outstretched arms and seeking their benediction." — **Ruskin Bond**

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- John Gray Ph. D.** is recognized internationally as a leader in the field of relationships and personal growth. His frequent appearances on national television celebrate his current #1 rating on the New York Times Best-Seller List.

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DUANE O'KANE & TEERTHA MISTLBERGER of Clearmind Institute Present

An intensive experiential application of the principles of
A Course in Miracles.

Miracle Maker

A one day intensive presentation of the teachings of *A Course in Miracles*, appropriate for both newcomers and longstanding students of the Course. Aug. 20, 10am-10pm.

The Awakening

A process-oriented weekend, focusing in depth

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July 22, 7-10pm, July 23 & 24, 10am-10pm.
For info, or to register, contact Anita Holzer (604) 986-9575, Laura Gibson (604) 736-3538 or Alan Carpenter (604) 574-1545.



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Balancing the three fold path
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Ghost Busting the Past
August 6 - 7

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Sacred Allies
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Vancouver: Sept. 17-18, Thurs. Sept. 15,
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August 26 - September 2, 1994
October 14 - 21, 1994

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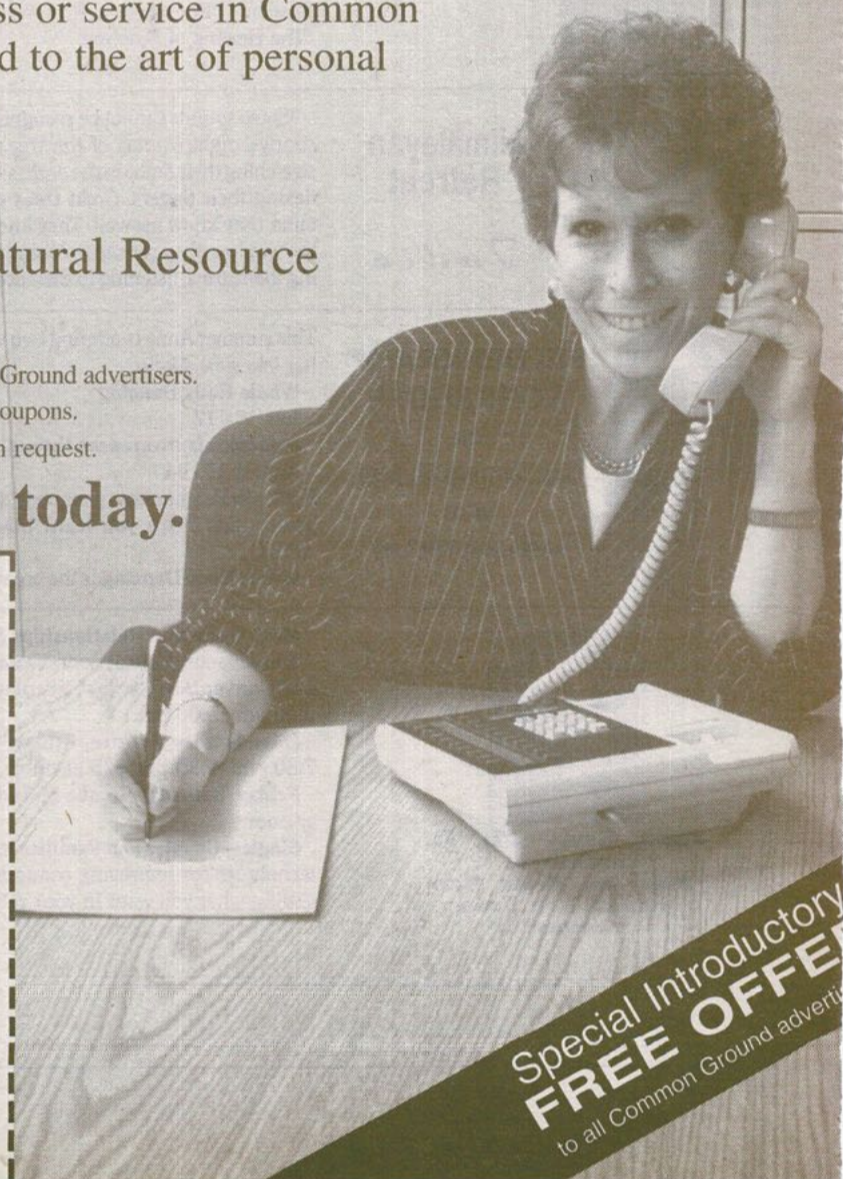
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Pat Bermel has been acting professionally for 12 years, and has worked extensively in theatre,

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For information contact **Suzanne** at: (604) 945-9737

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EXPLORING THE WILD WOMAN WITHIN

see logo ad in Women's Section.

MEETING PLACES



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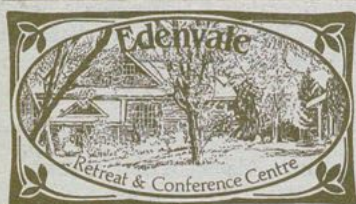
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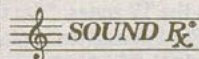
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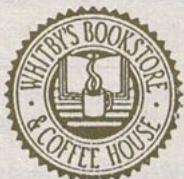
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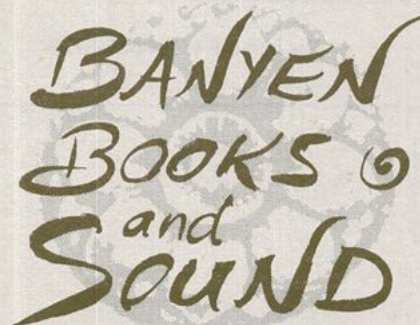
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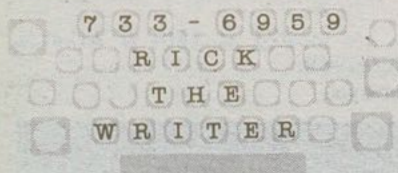
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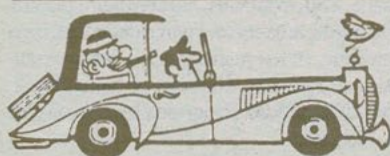
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Tune us in for the best in music (blues, jazz, reggae, etc.), public affairs, third-language, gay and lesbian, and women's programming plus much more, 24 hours a day, 7 days a week.

If you would like to become a volunteer or a member of Co-op Radio, or would simply like a free program guide, give us a call at 684-8494 or write to Co-op Radio, 337 Carrall St., VANCOUVER, B.C. V6B 2J4.



The Ridge Theatre is the place to go and see a movie. We've got the best in cinema: foreign art films and specialized favourites. You name it, we've got it!

- * One-hour money-back guarantee on all movies.
- * Crying room for parents with small children.

- * Health food concession with cranberry cocktail, apple/orange juice, real butter on our popcorn.
- * Cappuccino bar with Lazy Gourmet Nanaimo bars.
- * Golden Age free on Monday night.
- * Dolby Stereo Sound System.
- * Free program guide available 24 hours.

For more information see *The Sun* for our daily ad or phone 738-6311.
For a great time come to the people's movie theatre.

We are located at **16th & Arbutus, VANCOUVER.**
Thank you.

EDUCATION



**APPLIED
PSYCHOPHYSIOLOGY
INSTITUTES**

Clinical Biofeedback Training: Principles, Procedures, Applications.

Co-sponsored by Applied Psychophysiology Institutes, Biofeedback Institute of Seattle, and Biofeedback Institute of San Francisco. Conducted on Bainbridge Island, Washington, at the Bainbridge Inn March 18-26, June 3-11, 1994. (9 days, 70 hours training plus hands-on experi-

ence.) API faculty: 6 - 10 psychologists teach each program. Contents: overview, instrumentation, physiology, types of feedback, clinical interventions, intake, stress profiling, interviewing, adjunctive & cognitive techniques, efficacy, multimodal feedback, video feedback, transactional psychophysiology, stress exacerbated disorders, migraine, hypertension, incontinence, tension

headache, TMJ, torticollis, chronic pain, respiratory disorders, anxiety and panic disorders, type A behaviour, stress management, cardiovascular risk management, business of biofeedback. Tuition: US\$1,625.00. Programs are also offered in San Francisco.

Information and registration:
800-645-8099, or fax: (206) 842-8371.

HYPNOTHERAPY / NLP CERTIFICATION TRAININGS



Institute for Therapeutic Learning

"...the course was excellent, easily worth the cost in both time and money... I have no hesitancy about beginning..."

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— **Barbara Rammerden**

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**REFLEXOLOGY
ASSOCIATION
OF CANADA**

REFLEXOLOGY ASSOC. OF CANADA RAC

The Reflexology Association of Canada (RAC) is a Federally chartered non-profit association formed in 1979 with members throughout Canada. The prime objectives are: to establish high standards among professional Reflexologists; to advance quality training, examining and certification; to share knowledge and to develop effective

referral systems across Canada.

RAC offers members: newsletters, referrals, Canadian Reflexologists directory, additional Reflexology courses, certified teacher training courses and public speakers.

Thirty hours of instruction, plus sixty hours of practicum provides basic reflexology training. **Certificate courses** commence February, June,

and October. Fees for course, membership and examination: \$420.

Course limit: 14. Register early.

Registration/Information:

Reflexology Centre of Vancouver
535 West 10th Avenue,
VANCOUVER, B.C. V5Z 1K9.
Telephone: (604) 875-8818.



Canadian College of
Acupuncture and
Oriental Medicine

The Canadian College of Acupuncture and Oriental Medicine offers a three year program leading to a Diploma of Traditional Chinese Medicine. The CCAOM curriculum includes Traditional Chinese acupuncture, herbology, acupressure and Western Sciences. The College features a full clinic,

low student/teacher ratio and experienced faculty. Established in 1985, the CCAOM believes that Chinese medicine has a significant capacity to enrich and broaden the practice of health care in a way that is unique, yet complimentary to the Western perspective. **Financial Assistance may be available.**

For a calendar send \$5 to:
CCAOM, 855 Cormorant Street, Victoria, B.C.,
V8W 1R2, Tel/Fax: (604) 384-2942.



International
College of
Traditional
Chinese Medicine
Student Clinic

The establishment of the International College of Traditional Chinese Medicine marked an historic event in the history of Chinese medicine; for the first time a college like this one was established in the Western world to instruct in traditional Chinese medicine in its entirety. Unlike many colleges of acupuncture, the College concentrates its efforts on the study of traditional Chinese medicine.

The college offers a three-year diploma program to entitle graduates to sit for licensing examinations to practice traditional Chinese medicine according to the laws of various provinces and states. In view of the fact that Chinese medicine, including acupuncture and herbology, has gradually emerged as a distinct health discipline in the Western world, this three-year diploma should

play an important role in world medicine on this continent.

For more information contact: International College of Traditional Chinese Medicine
#301-1847 W. Broadway, VANCOUVER, B.C.
V6J 1Y6, Tel. 731-2926
Victoria Branch:
#108-1208 Wharf St., Hartwig Court, Harbour Level,
VICTORIA, B.C., V8W 3B9, Canada. Tel. 388-4266

CANADIAN
ACUPRESSURE
INSTITUTE
INC.



The Uniqueness of this Jin Shin Do acupressure school is in the integration of the body, mind and spirit. Focus is on traditional oriental theory and techniques in conjunction with Western psychotherapy approaches and underlying these concepts a respect for Taoist philosophy which honors each person's path.

The curriculum offers Modules I; II; III of Jin Shin Do, counselling, anatomy and clinical supervision for a total of 500 hours operating from September to April. Certification obtainable through BCATA, JSDF and AOBTA.

The principals Arnold Porter, M. Ed. and Kathy de Bucy are authorized JSD Teachers with a total of 18 years teaching experience. For further information write for brochure: CAII 1270 Balmoral Rd., Victoria, B.C., V8T 1B3

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Dominion Herbal College Offers:
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This exciting seminar will intrigue the novice as well as the experienced. Certificate granted upon completion. **Open to all - register now.**

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The foundation course in North American Herbal Studies. Diploma granted. **Master Herbalist** diploma offered.

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An advanced professional vocational course in the Science and Art of Herbal Therapeutics covering all aspects of Herbal Medicine, including clinical training and seminars. ****

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Level one Associate Practitioner 120 hours.

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Level One is available monthly in retreat settings. Consider 15 days (120 hours) of training in retreat settings. Imagine a month to learn, intergrate, practise and balance. Polarity therapy teaches balance of Mind, Body, Spirit, and Emotions.

This Holistic bodywork training is **Health Training Group Certified American Polarity Therapy Assoc. (APTA) Standards.**

Information Phone or write Teri Jensen,
Box 127, Cultus Lake, B.C. V0X 1H0
(604) 858-8963



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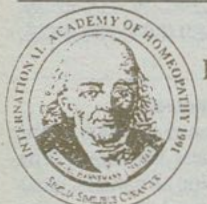
You will learn to use practical methods to tap a remarkable energy source and use that

energy to bring about effective change. The most comprehensive instructor's certification program available, SUNDOR's Mastery Program also contains all the technical information necessary for production, promotion and presentation of successful workshops. This unique training awakens your ability to create a firm financial base while being part of profound personal and planetary change. Graduates receive a **diploma** as certified **firewalk instructors.**

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SUNDOR, Box 669, Twain Harte, CA 95383,
(209) 928-1700 or (800) 755-1701.



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OF
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In January 1992, The International Academy of Homeopathy (IAH) and the Toronto Homeopathic Clinic introduced the first Homeopathic Practitioner programme in Canada. The Academy's objectives are to establish the homeopathic profession in Canada and to foster continuing education and research in the field of homeopathy. Students in the

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world. The IAH also offers correspondence courses, as well as an accelerated programme for doctors. Coming soon to Vancouver.

For more information, please contact:

The International Academy of Homeopathy
3255 Yonge St., Toronto, Ontario, M4N 2L5
(416) 481-8816; Fax (416) 481-4444.

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American Shaman
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One of Southern California's most loving, capable and diversified personal growth facilitators is bringing his talents to Vancouver this summer. He is offering two dynamic, awareness-based courses, individual counselling and massage therapy that is consistently hailed as

"amazingly beyond description" and "by far the best I've ever had." Whatever path you are on or where you are on it, Robin has the skills, compassion and clarity to assist you in your transformation. Call for details and special offers.

Spiritual counselling, Intuitive Transformational Bodywork and Physio-emotional therapy available by appointment.

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Quantum Reading - July 30/31, Aug 13/14.
604 421 7058

EDUCATION



Heartwood
Institute

Heartwood Institute

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The learning environment blends the warmth and support of a nurturing community, the beauty of a wilderness setting, a sensitive and talented faculty and sixteen years of experience as a healing arts training center.

Massage Programs approved by the AMTA Commission on Massage Training Accreditation/Approval and designed for your specific needs are: Holistic Health Practitioner - 1000

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Transformational Therapist Program - A 570 hour career training preparing you with leading-edge therapeutic tools to facilitate transformation and personal growth.

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Heartwood also offers Life Exploration, a non-vocational course of studies for those seeking an adventure in self-exploration.

For information concerning any of the programs listed above, please call our Admissions Office, 707-923-5002.

A year long schedule of intensive trainings is offered for continuing education, advanced study, entry level training and personal growth. For information concerning intensives, please call our Intensive Coordinator at 707-923-5004.

Heartwood Institute, Ltd., 220-CG Harmony Lane, GARBerville, CA 95542.



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Stuff I Know About

Stuff To Do
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• Change your perception of fear and create your dreams

• Discover who you are and what's most important to you

Carol enjoys working with smaller, intimate groups. **Space is limited.**

July 23 & 24, 9 a.m. - 6 p.m.

August 27 & 28, 9 a.m. - 6 p.m.

Pre-register - \$175.00

At the door - \$225.00

To register or inquire about workshop contact Sheila at 464-1209.



The Kootenay School of Rebalancing offers a 6-month course beginning every October 1st in NELSON, B.C., a beautiful city on a lake in the mountains.

Rebalancing is a wholistic bodywork method. The training includes: Deep tissue techniques, joint release, emotional work, anatomy, body

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During the course, these areas are explored and developed not only in order to apply them with others, but also intensively within oneself. Deep personal unfoldment is an essential aspect of the process.

The course is an excellent opportunity to build a vocation and for self-transformation.

For information:

Kootenay School of Rebalancing, Box 914, NELSON, B.C. V1L 6A5. (604) 352-3013 Fax.

SHIATSU SCHOOL OF CANADA

Professional training in Shiatsu therapy-Japanese massage. 2200 hours over 18 months, full-time. Starts every September.

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(416) 323-1818. Fax: (416) 323-1681.

Toll Free 1-800-263-1703

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Develop effective personal growth, business, education skills. Enjoy hands-on, small classes, clear relaxed approach, student support. Quality NLP Practitioner Certification, provincially registered school, NAANLP standards. Susan Stewart, M.A., trained with Tad James, Robert Dilts. Instructor, Edu-K Foundation.

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FOOD & NUTRITION



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11. Vegetarian environment.

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We also offer hard-to-find products.

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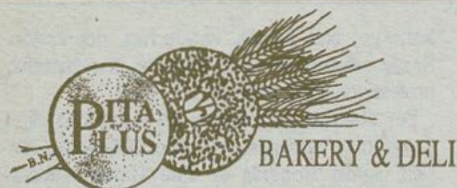
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HEALTH, HEALING & BODYWORK



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Come and be a part of it all again at our beautiful centre on Salt Spring Island.

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The 'eight limbed' system of yoga. Experience Asanas (exercises), study of Patanjali's sutras,

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Woman's Weekends \$265 or \$300
Experience our most popular program. Relax,

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For more information please call:
The i and I Art of Living Foundation
228-8728, 922-3902, 251-4479,
Weekend Fee: \$175.00

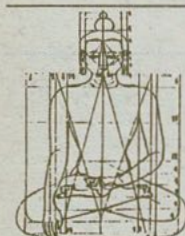


Valerie offers a variety of body therapies and an eclectic approach in order to provide you with the most complete treatment:
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• Visceral Manipulation
• Somato Emotional Release
• Chakra and Energy Balancing
• Myofascial Release

• **B.R.E.T.H.**
• **Deep Tissue Techniques**
These physical bodywork techniques move energy within and around the body and encourage the body's self-healing capabilities.
Valerie Kemp, B.A., M.A.T., L.M.T., is a Licensed Massage Therapist from New York City. She has studied with Kamala Hope-Campbell

(Australia), Barbara Brennan, Dr. Robert Jaffe, John Barnes, P.T., and The Upledger Institute. She teaches Cranial Sacral Therapy at Wild Rose College, and leads study groups in Cranial Sacral Therapy and Energy Work.

Suite 204, 2678 W. Broadway, **VANCOUVER.**
For appointments, call **739-7917.**



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Will & Lyn Johnson

Embodiment Training combines the orientation and techniques of Western somatic psychotherapy (particularly the work of Ida Rolf) with the long lineage and goals of Eastern meditative practices. The result is a profound transformational shift that leads to the discovery of our embodied state, an extraordi-

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Certified through the Rolf Institute in 1976, Will and Lyn Johnson are directors of The Institute for Embodiment Training, RR 2, Cobble Hill, B.C. V0R 1L0

HEALTH, HEALING & BODYWORK



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Student Clinic**

The origin of Chinese medicine dates back over twenty centuries, and this traditional method of healing diseases is still being practised in modern China. The Chinese have found it to be very effective with fewer side effects than drugs or surgery.

Traditional Chinese medicine has two main

branches: **acupuncture** and **herbalism**, which are often practised together in China. Acupuncture is more effective for pain, arthritis, rheumatism, paralysis and diseases of the nervous system, while herbs are more effective for skin diseases, hypertension, diabetes, prostatitis, impotence and diseases of internal organs.

Professor Lu, Chinese Herbalist and Acupuncturist, has practised traditional Chinese medicine since 1971.

For appointments call:

**731-2926 in VANCOUVER, Dr. Lu
388-4266 in VICTORIA, Dr. Mui**



**Sarina
Rotstein**

**Holistic
Health
Practitioner**

**Utilizing
Reiki (Master)
Bio Kinesiology
Vega**

Sessions are individually focused for those people seeking complementary or alternative approaches to health programs.

As a Reiki Master and Kinesiologist, I work

**Specializing in
Stress release
Pain reduction
Self awareness**

with the bio-energetic system of the body, rather than just the muscular. By working on a deeper level than for example massage, the treatments lend themselves to deeper relaxation, longer lasting results, more rapid healing, & reduced fatigue. When working in conjunction with any other disciplines- whether you are presently working with a physiothera-

pist, psychologist, traditional physician or nutritionist- you will find that your own healing process will escalate.

Sessions are one hour and my hours are flexible.

For more information on bookings, Reiki Level I, II, & III Classes and attunements please call me at 264-8487.

Beverly O'Malley



If you do not have control over your life, if your life is not what you desire to be you have missed the whole point of being alive! Nurture your body, mind, and spirit.

Rebalance your chemistry to promote physical vitality and emotional peace.

Your comprehensive assessment may include urine and saliva analysis, interviews and questionnaires. Your personal health program will include nutrition, lifestyle management and strategies for stress management. Through **stress pattern processing** you will learn to identify

when emotionally stressful situations repeat in your life and how to handle them differently so you are able to express yourself in a healthy way.

Call (604) 691-0672 To leave message
Beverly O'Malley BSN, RN, RNC.



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Bodywork**

DEVAKI DRACHE

TRANSFORMATIONAL BODYWORK combines sensitive touch with verbal interaction to help bring unconscious material into consciousness. When muscles relax and the breath deepens, buried tension, memories and feelings may surface and be released. You are then free to relax and let go into a deep and ongoing sense

of Peace - your birthright.

In addition Devaki offers soothing and revitalizing bodywork, drawing from Esalen, Swedish, pressure point, and intuitive approaches.

Devaki Drache, Registered Clinical Counsellor, has California certification in massage, and is an intern practitioner of Rosen Method

Bodywork. She has been in practice for over 20 years and it is her deep connection with spirit/essence which facilitates her work with people.

For appointments call **222-2054**. Sliding scale.



**Healing Body
Treatment**

**MONIQUE GIARD, B.A. R.H.
Bodywork and Counselling**

Tired of neck and back pain? Stressed out? Overwhelmed? Come for a stimulating session.

Healing Body Treatment is a combination of Aromatherapy, Reflexology, Swedish Strokes and Shiatsu. A lymphatic drainage treatment

enhances your immune system and contributes to your good health.

As a **Resident Hypnotherapist**, I offer you my counselling services with hypnotherapy for personal growth and health issues with experience and compassion.

Growing Empowered is a 10 week counselling

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Ongoing Infant Bodywork Class. 5 week group, 1 1/2 hr. each class. A loving touch is the best gift you can give to your child.

Please call **736-2788**

at 2849 West 24th Ave. **VANCOUVER.**



**Touchpoint
REFLEXOLOGY**

Hi! I'm **Yvette Eastman**, founder/director of **Touchpoint Reflexology Kinesthetics**, and author of "**Touchpoint Reflexology, The First steps**", selling incredibly well here, in the US, and abroad. I'd like to invite you to master Reflexology using **Touchpoint's** easy-to-learn methods. You will learn the most up-to-date techniques and information in a gentle, fun way, even though these Certificate Seminars are intense & the hours long. Become a proficient Reflexologist. Take "**the basic**" Reflexology Certificate Seminar, **May 13-15 or Oct. 14-16.**

You might choose to learn even more Re-

flexology with Certificate Seminars, "**the intermediate**", **Nov. 11-12, & "the advanced", Nov. 13-15.**

All of my seminars have the same fresh, fun, ambience, the best atmosphere for intense learning.

Should you choose to learn **Reflexology** at home, I designed the **Touchpoint** products to aid in your home studies.

You can use the exquisite 2-hour video production to co-ordinate with the manual, full of close-ups and vital information. We have colourful, photographic charts, wallet cards, and the ac-

claimed **Dial-a-Reflex**, feet or hands, to locate specific reflexes.

If you want to learn more hands-on techniques to be able to help even more people, I also facilitate **Touch For Health 1, 2, 3, April 1-4**, and the **One Brain** classes, **Mar. 11-17.**

As for private consultations, I use **Reflexology, TFH, Goal Setting & Health Integration** sessions designed to put you "back on your feet" and in charge of your life.

**Touchpoint 2342 Clarke St.,
PORT MOODY, BC, V3H-1Y8, 936-3227.**



REIKI

REIKI'S FIVE SPIRITUAL PRECEPTS

Just for today I let go of anger
Just for today I let go of worry
I Honor my parents, elders and teachers
I earn my living honestly
I show gratitude to all living things

Invite the Light

Invite the Universal Life Energy of Reiki to activate the Divine Life found within each of us, allowing physical, mental and Spiritual Healing.

**TO INQUIRE ABOUT PRIVATE
HEALING SESSIONS CALL
Elaine Cone 261-4032**

NEXT ISSUE: HEALTH & ENVIRONMENT

**Deadline for advertising:
4pm Wednesday, August 3**

公元氣功針灸中心 B.C. Qi Gong & Acupuncture Centre



Directed by the well-known Qi-Gong master from China, **Steven Liang**, a practitioner of traditional Chinese medicine, and acupuncturist. He's the advisor to Guangdong Qi-Gong Research Institute, the honorary Chairman of the Qi-Gong Society of Zhong Shan University, the Supervisor of Shenzhen Qi-

Gong & Acupuncture Research Centre. Member of Acupuncture Association of B.C.

With over 20 years experience, he applies and selects techniques from Qi-Gong, acupuncture, acupressure, herbal and traditional Chinese medicine to restore your health. He initiates your vital energy and helps to im-

prove your illness. Disposable needles only. ICBC claims accepted.

***Discover for yourself this ancient art of Qi-Gong! Now offering Individual and Group Qi-Gong classes.**

Call 736-3868 Steven, 844-2988 Jocelan #107-3195 Granville Street, Vancouver.

COLON THERAPY



HEATHER WELLS



TISHA CREED

We use disposable tubing—UV sterilized & filtered water for your maximum health protection.

OVER TEN YEARS OF

• EXPERIENCE

• KNOWLEDGE • SERVICE

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(Visits with Dr. covered at MSP rates.)

Dr. Sid Weiss, Naturopathic Family Physician, will create a personal Detoxification & Diet Program for you. Assisted by our caring Colon Therapists, we offer a Professional Team Approach to your well-being.

We will • FOLLOW UP • SUPERVISE • ASSIST YOU IN YOUR CLEANSE.

THE DOCTOR IS IN... Free lecture series Call for lecture dates to learn about the colon & its function in relationship to disease & wellness & what you can do in ways that are Natural & Do No Harm.

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COLON THERAPY

Amy Dunfield C.C.T.
Rob Austin C.R.

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 - * Integrated Reflexology
 - * Deep Muscle Body Work
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LEARN HOW TO REJUVENATE YOUR BODY AND MAINTAIN INDEPENDENT HEALTH

Internal cleansing not only relieves the intestines of years of toxic waste, but stimulates the liver, kidneys, lungs and lymphatics to activate deep tissue detoxification.

Protect yourself from intestinal toxemia and

disease and rid yourself of the symptoms of toxicity such as constipation, gas, diarrhea, allergies, fatigue, muscle pain, headaches, skin disorders, weight problems, and even bad breath!

BE RESPONSIBLE FOR YOUR OWN VIBRANT HEALTH.

FREE consultation 739-0670.



COLON THERAPY

Shelley Hine

REVITALIZE the digestive function of your body and at the same time lower the stress on other organ systems by detoxifying the colon with a series of colon hydrotherapy treatments.

Colon therapy is the most effective way of cleansing the large intestine. Oral cleansing programs are greatly enhanced by this method. It is estimated that

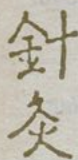
a large percentage of the population suffers from some kind of parasitic infection that is due to a toxic bowel. Unhealthy bacteria in the colon produce toxins which enter the bloodstream and cause auto intoxication affecting the major organ system and causing many complaints including food intolerances, yeast overgrowth and chronic fatigue.

ENERGIZE yourself with colon therapy and an individualized cleansing program developed by Dr. P. Roscoe N.D. and Dr. I. Pincott, N.D.

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731-4183

10th colonic free if series of 10 booked.

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Try Acupuncture for Natural Healing. Acupuncture can treat:

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- Poor Sleeping
- Migraines
- Genito-urinary problems

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Reflexology Centre of Vancouver

Reflexology is taught and practised as a potent, safe method to free tension and pain from the whole body. Gentle, soothing stimulation of reflexes in your feet, hands or ears relaxes and revitalizes every part of your body.

INSTRUCTION

NEW! "Recreational Reflexology Video": a simple step-by-step guide to a complete

foot reflexology session. \$29.95 for end-less enjoyment!

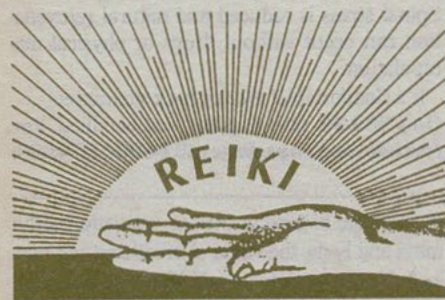
Weekend workshops or evening class series prepare you to practise competently this ancient healing art; further practice qualifies for a certificate, \$250. Reflexology Association of Canada professional training courses.

See Education listing.

PRIVATE SESSIONS

Treat yourself to this blissful pleasure: \$25; \$110 five sessions. New hours: Mon. - Sat. 9am - 6pm plus Friday evenings.

REFLEXOLOGY CENTRE OF VANCOUVER,
535 West 10th Avenue, VANCOUVER, B.C.
V5Z 1K9. (604) 875-8818.



Reiki is an ancient and sacred healing art which gently yet powerfully heals on physical, emotional and spiritual levels. Reiki has aided in the healing process of many known injuries and illnesses, and is also extremely relaxing and excellent for stress reduction. You need not be sick, however, to appreciate Reiki; many people find that it simply makes them feel great!

Reiki Master Elizabeth Gilberg has been successfully treating people with Reiki in both the United States and Canada, and has dedicated her life to the healing arts. Elizabeth combines her healing skills with over 10 years of counsel-

ling and teaching experience, and extensive studies in health, nutrition, martial arts, and herbology. Elizabeth is also a certified UniHealing practitioner and is presently pursuing studies leading to Mastery in UniHealing.

In addition to teaching the traditional Usui method, Elizabeth includes many fascinating topics in her classes, such as aura and guided healing, use of crystal grids, additional Tibetan symbols and attunements, psychic surgery, advanced meditation, values and spiritual orientation of a true Reiki Master, etc.

Elizabeth will be making a special visit to Vancouver to teach 3 classes in September:

Reiki I & II, September 10/11, \$300.

Advanced Reiki Training, September 16, \$300.

Mastery, September 17/18, \$850.

Anyone can easily learn Reiki! Many people study simply for self-healing and spiritual development.

For information or to register for classes please contact:

Elizabeth Gilberg

BOSTON (617) 334-5327

MONTREAL (514) 874-3676 ext.1318

LAST MINUTE LETTER

Clayoquot's eldest "criminal" speaks out

Re: Tzaporah Berman's arrest:

Tzaporah has been charged with "aiding and abetting" the 850 Clayoquot protestors in their work to save the forest. I wish to make it clear that thousands of Canadians have supported all of us who were arrested last year and that it was not

Tzaporah who aided and abetted me in my decision to protest and to be arrested—it was Michael Harcourt and his government with its abysmal failure, on March 18 1993, to allow that tiny token of respect for the forest by including Clayoquot Sound in the CORE report.

Tzaporah Berman has not committed any crime. All she has done is to be present at the Peace Camp and to train people in the principles of non-violence. And from the environmentalists there was no violence at all during the year of protesting.

Yet there was violence from the pro-loggers who hi-jacked two buses carrying passengers to a legal protest at Clayoquot. Signs were torn from the bus, air let out from one tire, and the passen-

gers were detained on the road for three hours in the middle of the night. Yet RCMP laid no charges against the drunken pack.

No charges either when (as one RCMP officer admitted in court) drunken loggers threw logs and rocks at tents housing sleeping protestors in the Peace Camp.

Is there a doublestandard for justice in this country?

Irene Abbey



GROUNDWORK

Hellerwork - Hanna Somatic Education - The Alexander Technique

GROUNDWORK integrates 'structural bodywork' with 'somatic education' while utilizing the individual's inherent capacity for self-healing. Structural bodywork releases and reorganizes the myofascia which shape the body and determine coordination, flexibility, ease and alignment. Somatic education evolved from understanding the cybernetic nature of human neurophysi-

ology. Its unique diagnostic theory and powerful treatment strategies accomplish lasting improvements in such sensorimotor limitations as *sway-back, back pain, scoliosis, sciatica, and fibromyalgia*.

Given these means and a supportive space to explore body, mind, movement, and expression, the individual learns to feel, release, and change

limiting attitudes and bodily states through realignment to natural patterns. This significantly enhances physical well-being while supporting self-understanding and personal growth.

For private sessions, call **Graeme Lynn**, certified practitioner of Hellerwork, Somatic Education, and the Alexander Technique.

(604) 325-7079.



Susan Gaylie R.N.
REIKI MASTER &
HOLISTIC PRACTITIONER

MEDITATION
FACILITATOR

Healing sessions take place in a gentle, supportive atmosphere. Various hands-on and mental healing techniques are used to promote improvement of health on physical, mental, emotional, and spiritual levels.

Relieve Stress and Disease. Break old patterns. Release unwanted blocks. Learn

methods and knowledge to help clarify your goals, and guide you back to your power.

INITIATIONS:

Reiki I
Reiki II
Reiki III

Light Body Meditation Course

Originated by channels
Sanaya Roman (Orin)
Duane Packer (Daben)

Private sessions and workshops.
224-3856 VANCOUVER.

ACUPUNCTURE QI GONG SHIATSU CLASSES

Che Fei received his medical degree and practiced Traditional Chinese medicine in Harbin, China before going to Japan, where he obtained his Shiatsu license. He is a member of the B.C. Acupuncture Association.

Now Che Fei is pleased to introduce Dr. Zhang, one of the top ten specialists of Qi-Gong in China. Dr. Zhang practiced Qi-Gong at Heilongjiang and Beijing University Hospitals and taught and practiced Qi-Gong in Africa. Qi-Gong is new to the

western world but has a long history in China. It is most effective for apparently untreatable illnesses and unexplainable pain.

Shiatsu classes are also being offered.

West Vancouver Acupuncture Clinic.
1865 Marine Dr., West Vancouver. Tel. **926-0238.**



**phyllis
victory**

Reiki Master

INITIATIONS:

Reiki I, Reiki II,
and Reiki III

The classes create a context where you can come to honour, and develop, your inherent ability to channel this gentle, loving and powerful healing energy.

PRIVATE SESSIONS & WORKSHOPS

Phone **623-2021, VANCOUVER** or
335-0127, HORNBY ISLAND.

BEYOND 20/20 VISION™



Robert - Micheal Kaplan, O.D. M.Ed.
Author & Master Vision Educator

"Dr. Kaplan's forthcoming title 'The Power Behind Your Eyes' is an important book that can help create a new vision for your life."

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Author of *Ageless Mind, Ageless Body; Quantum Healing*

Now you can find help for your eyes and vision using natural methods exclusively. Lessen your dependency on eyeglasses and contacts, and significantly improve your eyesight even in the presence of cataracts, glaucoma and macular degeneration, etc.

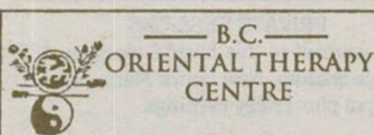
Our clients find this unique wellness program an illuminating process which also explores how you see the world, and how that impacts in ALL areas of your life:

- ▲ relationships
- ▲ career
- ▲ self-esteem
- ▲ finance

Dr. Kaplan's insights challenge the symptom-based approach of traditional vision care (i.e.

stronger eyeglasses, surgery and medication), and integrates techniques from many health disciplines into a new system of total self-healing. For a free phone consultation or appointment with Dr. Kaplan, please call **(604) 737-2043.**

*Integrating
Vision Science and
the Wisdom of Intuitive Healing*



Dr. David Dai D.Sc., C.M.D., Ac.

Tel: 321-6987

BC Oriental Therapy Centre

Dr. Dai offers delicate analysis by hands, pulses, earpoints, and tongue diagnosis. He comes from 3 generations of Chinese Doctors in Taiwan specializing in asthma and is here teamed up with his surgeon wife. He's a certified traditional doctor with advanced study in endocrine and mental disorders, bone injuries, and acupuncture in Beijing, Shanghai College of

Traditional Medicine, and Xia-Men Hospital of Chinese Medicine. **Tai-Chi classes: combined with Tai-Chi (Cheng-Man-Ching Style) of Chinese medicine and medical "Iron Shirt", starts (ongoing) May 15th at 7:00 pm.**

Treatments include: Acupuncture, Moxibustion, Acupressure, Chi-Kung, laser therapies. Disposable needles only.

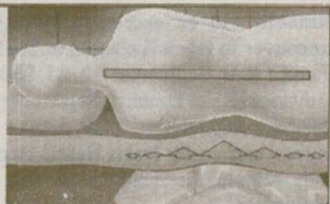
He uses G.M.P. (Good Manufacture Practice)

concentrated herbal Chinese medicine of over 200 ancient formulas.

Treatments are good for: **pain** or paralysis, **P.M.S. & Migraine**, depression & insomnia, hay fever, weight & smoking control, **arrhythmia**, fibrillation, **asthma, vasculitis, cholecystitis, thyroidism, cirrhosis.** I.C.B.C. claims.

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VANCOUVER. David Dai Tel: (604) 321-6987

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Made up of seven inflatable chambers, **PASS*FORM** uses air to cushion and support while you sleep on your side or back. Simply place it under your mattress. This shapes the mattress to conform to your body. Rather than sagging, your back rests in a natural position.

Spinal stress is reduced and natural rejuvenation can occur without drugs or physical manipulation.

It's Comfortable! Money back guarantee!
Only \$39.95 plus shipping and handling. **For free information package call 1-800-565-2060.**



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TRADITIONAL
CHINESE
MEDICINE
CLINIC**

Dr. Fred Kwak

- B.A in Traditional Chinese Medicine
- licensed oriental medical doctor since 1981
- member of Korean Acupuncture Society
- member of Korean Oriental Medical Doctors' Association

Treatments Includes:

- acupuncture
- moxibustion

- cupping method
- Chinese herbal medicine
- sterilized disposable needles only
- infra red lamp

Fred is an experienced, sensitive practitioner whose treatments assist the natural healing process in one's body by strengthening the immune system. Emphasis is placed on the

importance of good nutrition, relaxation of the mind and body, the value of breathing and how exercise can work to benefit your well being. All of these work in conjunction to balance the Qi or vital energy and bring about harmony.

For an appointment Ph. **(604) 872-1227**
603 E. Broadway, Vancouver, B.C. V5T 1X7

very reasonable rates

B.C. NATURAL THERAPY CENTRE Dr. Diana Xiao M.D., T.C.M.D., Ac.



Dr. Diana Xiao graduated from Shanghai Medical University with degrees in both Western and Chinese medicine. This combination made her an excellent doctor in Shanghai hospitals. She emphasizes the importance of right diagnosis. A mis-diagnosis will let you suffer for years without being healed.

Dr. Xiao offers Chinese herbal extracts of traditional formulae (GMP product), which are six times stronger than raw herbal powders. That's why you may need no needles to be cured. She uses disposable needles and all scientific equipment. Vitamins, royal jelly and tonics also available. Dr. Xiao treats: P.M.S., weight control,

hormone imbalance, skin care, pain & headaches, varicose veins, cholecystitis, hepatitis, and other ailments.

I.C.B.C. claims welcome.

102 - 906 W. Broadway, Vancouver
(in front of V.G.H.)
Tel: (604) 736-3003

HEALTH, HEALING & BODYWORK

Vancouver Acupuncture & Chinese Herbology Clinic 溫哥華針灸中醫診所

ICBC claims accepted

This Clinic is under the direction of **Jian Chen Bristol**. She practiced as a medical doctor in both traditional Chinese & Western medicine in Shanghai, China.

She worked in both clinical and hospital settings for ten years before establishing her clinic in Vancouver two years ago.

Through her knowledge of both traditional Chinese medicine and Western medicine, she is better able to understand and treat her clients.

She uses disposable acupuncture needles, electro-acupuncture with or without needles, laser treatment, infra red lamp, moxabustion,

cupping and herbs powdered for easy patient use.

She is a member of the Traditional Chinese Medicine Association of B.C.

For appointment, or information please call **739-8287** Address: **#404-1541 West Broadway, Vancouver.** (at Granville)



**THE
HEALING
TOUCH**

**Anne McMurtry, Ph.D.
Reiki Master**

Healing Sessions

Anne's healing sessions are a unique kaleidoscope blending Reiki, crystals and gemstones, and channelling.

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Her deep trance work brings you to a lucid theta brain state where your own symbolic

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Similarly, her past life regressions enable you to vividly re-experience your past lives, review their lessons and release any residual karma.

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Anne's ability opens a line of communication between you and your Spiritual Guides allowing them to speak directly to you.

Reiki Initiations (I, II, and III), Deep Trance Practitioner Training and Crystal and Gemstone Workshops are offered on an ongoing basis.

To inquire, please call Dr. Anne McMurtry at **734-8219, VANCOUVER.**

stirling Marie sexton
Licensed
REIKI MASTER
The Usui System
of
Natural Healing



Enjoy the timelessness & unconditional love of the Reiki energy in private sessions! Treat yourself to relaxing 15, 45 or 60 minutes or try soothing 15 minute Shoulder Tune-Ups. Or try Ear coning. To book your appointment call Carole at the Wild Rose College Clinic **734-4596**.

Reiki I, II and III, tax deductible, through the B.C. School of Reiki. Course outlines, schedules & registration forms, etc. can be picked up from the Wild Rose College & Clinic, 1745 W. 4th Ave., where classes will be held.

Stirling will be doing Reiki demonstrations at the Wild Rose Open Houses held 3 times a year, or approximately every 6 weeks at the Serenity on Broadway Bookstore. For further information, please call Stirling at **871-3054, VANCOUVER.**



Liz Schick
Wellness
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A One Stop Total
Health Centre

Practice prevention with a total approach to nutritional therapy and wellness. New to Canada, **Dr. William Nelson's Computerized Physiofeedback System** offers a safe, natural, non-invasive way to achieve vibrant good health. Combining revolutionary homeopathic remedies and state-of-the-art health technologies, this world-famous computerized diagnostic scan and screening machine is the most compre-

hensive tool for diagnostic and therapeutic measurement available today.

The Physiofeedback System • Customizes **nutrition programs** to your personal requirements • Tests your **immune system's** resiliency • Provides **cleansing protocols** • Suggests ways to increase your health by **Detoxifying** (with homeopathic remedies), **Rebuilding** (with vitamins, minerals, lipids, hormones) and

Providing Symptomatic Relief (for ailments such as headaches, joint pain, allergies) • Measures five major **health categories** including Digestive, Hormonal, Lymphatic, Immune, and Circulatory Systems.

Trained as an R.N., Liz Schick has 14 years experience in the health field and offers professional support, inspiration, and guidance.

Call **922-1717**



THE ALEXANDER TECHNIQUE

The Alexander Technique

... is a process of re-education through which one may learn to free one's self from the damaging effects of negative habit patterns.

This allows for improvements in co-ordination and functioning and an enhanced ability to

respond more positively to the challenges and stresses of daily life.

You will learn the principles of the technique in a series of private lessons during which you will be guided through a variety of everyday activities such as sitting, standing and walking.

As your understanding of the process grows,

you will experience an increased sense of awareness and greater freedom in movement, at work and play.

For information regarding private lessons, please call **Marta Hunter**, Stat. & Canstat. certified Alexander Teacher since 1983.

874-3075. VANCOUVER.



THE ALEXANDER TECHNIQUE CENTRE

The Alexander Technique is a method by which you learn to apply the basic principles of your body's natural coordination to improve the quality of your own movement.

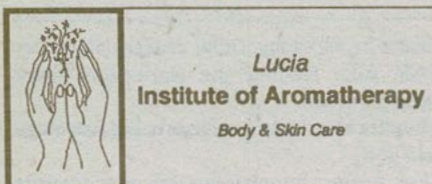
These principles, which function unconsciously in infants and animals, can be consciously applied to improve the functioning and integration of your whole being.

As you learn the Alexander Technique, you experience lightness, ease of movement, freedom from struggle of everyday actions and a re-

awakened joy in the process of living.

The Centre's four qualified teachers provide private lessons and group classes.

For more information contact The Alexander Technique Centre, #303-2515 Burrard (at Broadway), **VANCOUVER, 737-2818.**



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- Revitalizes and regenerates living tissue
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- Profoundly relaxing

Full esthetic services also provided

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Aromatherapy is more than just a massage. It is a total treatment of your face, body, and scalp using the finest quality pure plant oils. I personally blend these oils in a unique combination specific to your individual needs.

Located at 2885 W. Broadway. For an appointment call Lucia at **736-5460** or **732-6242**.

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Free introductory evening: to be announced

- Experiential 12 Week Intensives
- Classes for 1994: Sept-Jan '95
- Variety of Bodywork Techniques
- Aromatherapy - essential oils

- Facials
- Group Rebirthing
- Participate in Sweat Lodge

INDIVIDUAL BODYWORK SESSIONS

I provide a safe, warm atmosphere of unconditional love, using techniques from Shiatsu Acupressure, Reflexology, Swedish Movements,

Polarity and Reiki. These 1 1/2 hour sessions are profoundly relaxing. I work holistically, intuitively and respectfully.

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I am a certified practitioner. I absolutely love what I do, and you will too.

Call for appointment **731-3350.**



In Balance is a **Victoria** company offering auricular therapy, a gentle non-intrusive method of deep cleansing the ears. It is facilitated through the use of ear candles.

This calming & relaxing treatment is recommended for:

- excessive earwax
- hearing problems
- sinus congestion
- pressure regulation
- noises in the ears.

Also available for treatments in **Vancouver**. Inquire about astrology health readings. Candles, books, courses and info at **(604) 474-6616**.

Ask for Eialyn or leave message.

"He is richest who is content with the least, for content is the wealth of nature."

— Socrates

HEALTH, HEALING & BODYWORK



*Deborah's
Holistic
Bodywork*

REJUVENATE, RENEW & REVITALIZE
THE BODY MIND AND SPIRIT

- Facial Massages
- Salt Rubs
- Infant Massage Classes

Contribute to your wellness in a loving
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oils and techniques from:

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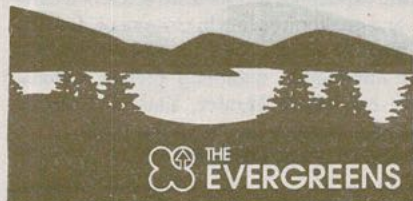
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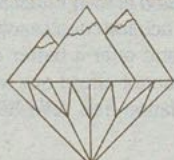
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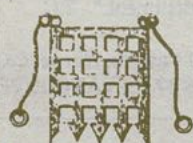
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"Just say no." "Just do it." — today's dichotomy



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"NLP may be the most powerful vehicle for change in existence. It affords the opportunity to gain flexibility, creativity and therefore, a greater freedom of action than most of us now know."
- *Psychology Today*

Loraine is now accepting appointments for private counselling sessions in her new Burnaby location.

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Rachel Aarons
M.S.W. Ph. D.

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The key is to accept and love yourself.

I offer a safe caring environment in which to be yourself and a person solidly committed to being there for you.

I am a Registered Clinical Social Worker with 18 years' experience and extensive training in hypnotherapy, Gestalt, marriage and family

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Call me at 922-7220 for a consultation.

Rachel B. Aarons
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#23-285 17th Street, West Vancouver



LILLIAN ELLIS
Counselling

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- * Pressure & Stress
- * Feeling trapped
- * Low self-esteem
- * Poor relationships
- * Resentment
- * Guilt
- * Fear

WOULD YOU PREFER?

- * Creativity and Energy
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- * Acceptance
- * Clarity
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Harry Carr
Art Therapist

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An Art Therapy Group is a meeting place where a small number of people come together to draw, paint or sculpt; to use simple art materials; to create images. Then, as each member shares their images and speaks about their life, their inner struggles, their grief, their triumphs; a special bonding and healing takes place.

Harry invites you to:

- Experience the gentle healing power of your creativity.
- Develop compassion for yourself and others within a small, safe group. Maximum of 6 people.
- Take advantage of the reasonable rates and free trial session.
- No artistic ability required.
- Please call for more information

Harry Carr, BA, D.V.A.T.I. is a Certified Art Therapist, a member of the BC Art Therapy Association and the Canadian Art Therapy Association. He offers individual, couple and group art therapy sessions. WCB claims accepted.

For an appointment with Harry call ... 736-8087



Donelle Clarke
RN, MSN, TTP
Counsellor
Therapeutic Touch
Practitioner

I offer individualized counselling and Therapeutic Touch for wellness and exploring your healing process. I specialize in working with children, adults and group counselling in the following areas:

- grief, loss and death issues
- stress reduction

- depression, anxiety
 - parent-infant/child relationships
 - infant developmental assessments
- Along with counselling I use the Krieger Method of the ancient healing practice of Therapeutic Touch to promote relaxation, reduce

pain, accelerate your body's healing process, and reduce stress-related illness.

Donelle has over 10 years' experience as an Advance Practice Nurse and 20 years' experience as a Therapeutic Touch Practitioner. For an appointment call 263-6706, VANCOUVER.



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COUNSELLING
HYPNOTHERAPY
BREATHWORK

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SPECIALIZING IN: abuse, loss, addictions, relationships, self-expression and spirituality.

"... Patricia has been my gentle guide as I moved from pain and resentment to joy and contentment." - T.G.

Call Patricia Horne, C.C., C.H., 736-2718, VANCOUVER.



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COUNSELLING &
CONSULTING SERVICES
Leola Adams
732-6642

Along the path of healing that leads into the heart, our attempts to "keep it together," to stay in control, intensify our dis-comfort, dis-ease and distress. With a deep willingness to surrender, to let go, to listen to the "still small voice within," we allow our defenses to crumble. It is then that

we discover what lies beyond a lifetime of holding: our healing and the finishing of our most subtly unfinished business.

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Daeniela Bheumont
Registered
Psychologist

I have been working with individuals, couples and families for 15 years to facilitate healing in areas such as: grief, anxiety, depression, low self-esteem, stress, addictions, abuse, relationship conflicts, and creative and spiritual blocks.

Through counselling and psychotherapy we work together to explore the conscious and

unconscious aspects of a problem, to understand the meaning behind the suffering and thus help release it.

My approaches are holistic and include Gestalt, visualization, Jungian dreamwork, creative, spiritual, and body processes work as well as communication techniques.

In an atmosphere of caring and attentiveness, psychotherapy can help restore a sense of well-being, thus helping the individual, couple or family meet life in more fulfilling ways.

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C.G. JUNG

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scrumptious desserts and an extensive selection of "live" juices make for a wonderful food experience. **Brunch** is available Saturday, Sunday and holidays from 10 am. Buckwheat buttermilk pancakes with fresh fruit and pure organic

maple syrup, homemade museli, scrambled tofu, scrambled egg-whites, baked fritata and mmmmm more. 1030 Denman 688-6264. **Free validated parking** in Denman Place Mall, Comox entrance.



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smothered in real maple syrup and topped with organic blueberries, fresh buttermilk bran and wheat germ muffins, chocolate-chunk oatmeal cookies, apple crisp, grandma's blueberry pie, double-fudge cake...fresh salad bar, as well as entrees which overflow with aroma, flavor, and

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Bodai Vegetarian Restaurant

337 E. Hastings Street, VANCOUVER, B.C. V6A 1P3. Tel: 682-2666.

RESTAURANTS



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687-5231

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SPIRITUAL PRACTICES



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answers... in which you may ask new questions... in which you are free to discover the best that is in you.

We reject the idea that a book or institution is superior to the conscience and intellect of a morally responsible human being. We affirm

that your spiritual well-being is yours to determine. No one else can live your own life for you.

Unitarian Church of Vancouver, 949 West 49th Avenue, **VANCOUVER 261-7204**



DHARMADHATU

Dharmadhatu is a Tibetan Buddhist study and meditation center founded by Vidyadhara the Venerable Chogyam Trungpa, Rinpoche. Meditation periods, open to all, are available each week at the following times:

Monday: 7-8 p.m., 7:30 p.m.—Open House.
Tuesday: 7-8 p.m.

Wednesday: 7-8 p.m.; 7:30 p.m.—Shambhala Open House.

Meditation instruction is available each Monday evening at 7:30 p.m. at our Open House. In addition to instruction the Open House provides an opportunity to hear a talk on the basic approach of the meditative tradition.

If you would like to receive instruction at another time or would like further information please call **874-8420**.

Dharmadhatu is located at 3275 Heather Street, **VANCOUVER**.



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The basic Shambhala principles are presented in the book **Shambhala: The Sacred Path of the Warrior** by Chogyam Trungpa.

You are cordially invited to attend our open house program every **Wednesday at 7:30** for meditation (instruction available), talks by senior students, discussion and tea; by donation.

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All events are held at 3275 Heather St., **VANCOUVER**.

For further information please call **879-3964**.



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The Friends of the Western Buddhist Order (F.W.B.O.) is an international, non-sectarian Buddhist movement using teachings from all schools of Buddhism. For information on meditation sittings, etc., Phone **251-4316**

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Rick Hansen

From page 10

you. Then within that, it is important to start to look at the roles with which you will play. Clarifying roles is really critical. If we have strength and weakness that are complementary, but yet we have similar roles, we could be losing a tremendous opportunity. The other issue is expectations and obligations we have of each other and to each other and

to make sure that people are clearly aware of the guiding principle.

Constructive feedback is needed for effective communication in any relationship at any level of teamwork.

When you set a framework in place clarify the goal, establish guiding principles, communicate roles, goals, obligations, and expectations, include levels of communication then anything can happen. Most importantly people should have a sense of

meaning in what they are doing. It shouldn't be just driven by external expectations.

Teamwork has been the basis for my life. I have been a part of helping other people to achieve their dreams and many people have been a part of helping me.

JR: In listening to you, Rick, I get a sense that life is a journey, not a destination.

RH: Absolutely. There's no question about it. If life were a destination, after the Man In Motion tour it would have

been downhill from there. After the Man In Motion tour, obviously I had a period of time where I had to catch up with the profound changes that had taken place in my life.

When I came home, I was living off the person who I was two years ago before I left on the tour. I thought, 'Well, three months later, I'll be back training in my wheelchair and ready to compete in the Olympic

See Page 38

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Rick Hansen

From page 36

Games in Seoul, Korea'. I couldn't figure out why I was having such trouble in getting back in my chair and training to the same level I used to before the tour.

After awhile it slowly started to sink in that those things weren't as important to me anymore. I was about to get married. I had really strong interests in the field of disability. I knew that my career

was important to develop.

Once I recognized the change I was able to start to move forward to set new goals and to chase new dreams. They are again closer to my sense of meaning. Meaningful goals are really important and what I ended up doing is continuing on my dream, and what I have done since the tour may not have had the same social significance in a general public's perspective — external significance — as the Man In Motion tour. They are an

extension of me, they are who I am, what I believe in, what I'm working on, what I've done and what I will do.

Obviously the real personal things in relation to family, my two little girls, Emma, and Alana. Obviously those are really important and so are the other things that I do with the rest of my life, because I have a number of roles that I play in my life — as a father, husband, as a professional in the area of education and training, someone who is committed

to people with disabilities, someone who is committed to myself and to my health and to my personal growth and development. Whatever those roles are, they are part of me and within those roles there are new hopes and dreams, there are goals, aspirations and it just continues to evolve and it's my expectation that I'll be like my grandmother when she passed away last month. I'll be fully engaged in life hopefully and have my boots on and move forward. •

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Democracy Enhancement 101

By Noam Chomsky

We are approaching the five-year mark since the fall of the Berlin Wall, which marked the definitive end of the Cold War. At last the United States was freed from the burden of defending the world against Russian aggression and could return to its traditional calling: to promote democracy, human rights, and free markets worldwide. Standard doctrine holds further that the promise has been fulfilled. Today "American motives are largely humanitarian," historian David Fromkin declares in the *New York Times Magazine*. The present danger is excess of benevolence; we might undertake yet another selfless mission of mercy, failing to understand that "there are limits to what outsiders can do" and that "the armies we dispatch to foreign soil for humanitarian reasons" may not be able "to save people from others or from themselves."

The view is shared by the leading establishment critic of Cold War policies, George Kennan, who writes that it was a historic error for the U.S. to reject any effort to negotiate a peaceful settlement of conflicts with the Russians for 40 years; one of the benefits of the end of the Cold War is that the clouds are finally lifting on these issues. Kennan too counsels that we restrict our foreign engagements. We must bear in mind that "it is primarily by example, never by precept, that a country such as ours exerts the most useful influence beyond its border;" countries unlike ours may undertake the grubbier pursuits. We must also remember "that there are limits to what one sovereign country can do to help another," even "a country such as ours." Others question that stance on the grounds that it is unfair to deprive suffering humanity of our attention, necessarily benevolent.

Like earlier angelic powers, we are able to recognize that there are some flaws and errors in the record. But the sophisticated understand that history can teach no lessons about our institu-

tions and the ways they have functioned, surely nothing about what may lie ahead. Review of the historical record is nothing more than "sound-bites and invectives about Washington's historically evil foreign policy," Brown University professor Thomas Weiss writes with derision, hence "easy to ignore." A perceptive comment, accurately discerning the most valued principles of the commissar culture.

Discussion of the fashionable topic of the moral obligation of humanitarian intervention -- not a trivial question -- is rarely tainted by concerns about such

atmosphere of the Cold War, so it is alleged -- about as plausibly as in most other cases. And we have now "changed course," so that history may rest in peace.

At the critical extreme, we do find occasional notice of imperfection. "There's something troubling about the way we select our cases for intervention," observed Harvard historian Stanley Hoffmann in opening a conference at Tufts university. He noted that there has been no "international cry to intervene in ethnic bloodshed in East Timor." The example is instructive.

Let us disregard the phrase "ethnic bloodshed," not quite the term applied to the Soviet invasion of Afghanistan or Iraq's invasion of Kuwait. That aside, some obvious questions come to mind: just who might call for such intervention, and how should it proceed? By bombing Washington and London, the main supporters of Indonesia's aggression and mass slaughter? Suppose that a commentator in pre-Gorbachev Russia had found something troubling about Soviet intervention policy, wondering why Russia did not intervene to prevent the imposition of martial law in Poland or repression in Czechoslovakia and Hungary. Would we even laugh? How could Moscow intervene to bar the policies it actively supported? These questions

cannot arise, however, in our case, whatever the facts, given our perfection. No one laughs.

Respectable British opinion is scarcely different. Writing in the (London) *Times Higher Education Supplement*, Leslie Macfarlane, emeritus politics fellow at St. John's College in Oxford, recognizes that the U.S. and UK, "to their shame, failed to put pressure on Present Suharto to refrain from invasion" of East Timor. But the 200,000 or more deaths "cannot be attributed to 'the West'," he adds, reproaching Edward Herman for his calculations of the costs of Western state terrorism which erroneously included this case: no "Western promotion or support for the invasion and pacification of East Timor in the early 1980s [sic] is laid at the West's door," Macfarlane instructs us with proper indignation.

There is no need to review the facts,

familiar outside of the doctrinal system, which not only suppressed them with great efficiency as the terrible story unfolded but continues to do so today. Right now, Western oil companies are plundering East Timor's oil under a treaty between Australia and Indonesia, terror and repression continue unabated, and new atrocities have been discovered from the very recent past, among them, the slaughter of many people by Indonesian doctors in hospitals after the November 1991 Dili massacre.

In the United States, public protest has hampered government support for Indonesian atrocities, but not much.

Secretary of Defense Robert McNamara took particular pride in that fact, informing LBJ that U.S. military assistance to the Indonesian army had "encouraged it" to undertake the useful slaughter "when the opportunity was presented."

Congress cut off funds for military training, but the Clinton administration was undeterred. On the anniversary of the U.S.-backed Indonesian invasion, the State Department announced that "Congress's action did not ban Indonesia's purchase of training with its own funds," so it can proceed despite the ban. Such training has, after all, been quite successful in the past, including the training of officers who took part in the highly praised slaughter of hundreds of thousands of people, mostly landless peasants, as the present government took power in 1965. Secretary of Defense Robert McNamara took particular pride in that fact, informing LBJ that U.S. military assistance to the Indonesian army had "encouraged it" to undertake the useful slaughter "when the opportunity was presented."

Particularly valuable, McNamara said, was the program that brought Indo-

See page 41



matters. We do not, of course, counsel that Iran should undertake humanitarian intervention in Bosnia, as it has offered to do. Why? Because of its record and the nature of its institutions. In the case of Iran -- or anyone else -- inquiry into these questions is appropriate. But not for us, given our necessary perfection.

It follows that any departures from the path of righteousness can only have been a reaction -- perhaps excessive, though understandable -- to terrible dangers from which we defended ourselves, and more recently, the entire civilized world. The Cold War provides the favoured current formula: any lapse in recent years is attributable to the cosmic struggle with the Russians. Thus if experimental subjects for radiation studies were chosen from Boston's Fernald School for mentally retarded children, not an elite prep school, that was unfortunate, but understandable in the

This excerpt is reprinted courtesy of Z Magazine. For a subscription, write to: Z Magazine, 116 St Botolph St., Boston, MA 02115 USA; 617-787-4531. Illustration by Matt Worker.

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SEARCH FOR COMMON GROUND

Seeing eye to eye: the Coalition for Life and Choice

News from the Search for Common Ground

We believe that there is a space -- it could be for dialogue, it could be for work on issues -- where pro-choice and pro-life persons can come together in a non-adversarial way. We also believe that such coming together is a good thing. It produces positive outcomes for the individuals and groups involved, as well as for society.

On February 1, 1993, Search for Common Ground established the Coalition for Life and Choice (CLC). CLC is a project which aims to influence the direction of the abortion debate. One of CLC's major goals is to lessen the polarization that exists between pro-choice and pro-life supporters. This goal can be achieved and demonstrated in two ways. On the one hand, through facilitated dialogues, people on opposing sides of the abortion issue are empowered to break through communication barriers and stereotypes, to achieve understanding, and to rehumanize one another. This in itself serves to transform the dynamics of the conflict.

Beyond that, CLC believes that pro-choice and pro-life supporters can locate common concerns and develop ways to work cooperatively on such concerns - issues like preventing unwanted pregnancies and improving social conditions for women and children.

The Search for Common Ground approach is a matter of emphasis: focusing the attention of the group on the areas of agreement, rather than on the areas of difference. It is an effort to reach understanding, not necessarily agreement. It is building an agenda to address issues that need the cooperative effort of both sides to be adequately addressed. It is developing the rapport and the safety to struggle respectfully with the tough questions that are at the heart of this conflict. It is shedding light, not heat.

CLC's first project was in Buffalo, New York. In the aftermath of the Spring 1992 Operation Rescue Campaign, the Buffalo Council of churches invited

CLC to work with it to reduce the divisiveness in the community. By July, pro-life and pro-choice supporters had come together to form the Buffalo Coalition for Common Ground, "a voluntary organization dedicated to the promotion of cooperative alternative approaches for addressing problems which deeply divide the Greater Buffalo Community."

Fundamental to the Buffalo Coalition and CLC is the idea that no one is ever asked to change his or her belief about the core issue of abortion. Participants are, however, expected to be willing to find ways to talk and work together with people who might have opposing views.

CLC and the Buffalo Coalition have worked together to create a model for pro-choice/pro-life dialogue and have an on-going commitment to continue to develop and expand that model.

*It is a matter of
emphasis: focusing
attention on the areas
of agreement, rather
than on the areas of
difference*

All efforts are developed jointly by CLC and local planning teams. Our approach is to be flexible and responsive to local goals and needs. To assist local teams, CLC can provide the following: consultation about starting and sustaining a group; joint planning of workshops and/or other activities with a local core planning group; training of small group facilitators to assist pro-life/pro-choice dialogues; resource materials including process and training guides, videotapes, information about common ground activities around the world, and a bibliography. For a local group to begin, it is critical that there be a local core planning group that has both pro-life and pro-choice representation. •

While Common Ground magazine and Search for Common Ground share similar names and goals, there is no formal connection. To request for information and/or assistance, contact: Coalition for Life and Choice and Search for Common Ground, 1601 Connecticut Ave., NW, Suite 200, Washington, DC 20009. Telephone: (202) 265-4300, fax: (202) 232-6718.

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by Bob Lyons

A few centuries ago, monks in monasteries chose which works of the ancient world would be preserved. They saved Plato and Aristotle, but lost much else. It's happening again today: as we move from paper libraries to amorphous collections on computer, what information is transcribed to disk (and what is not) will determine what information you and I use to discuss, even to think.

Searching databases, whether by phone or on a Compact Disk (CD), is amazingly powerful. A single CD costing \$49.95, can hold the core publications of western civilization. On such a CD database, an untrained person can search the writings of Plato, Shakespeare, Walt Whitman, the Bible, the Koran and more, on any subject, in less than 9 seconds. In the 1960's, the same search might have been the basis of a Master's paper, leading to graduation in University.

But beyond the classics, which have escaped copyright, what can we search? What can we know? Example: what do we know about Latin America? What could we know, if we used powerful computer tools to search through thousands of pages "online"? Currently, we would know what business wants to know.

That is because, like the work of the monks of old, scanning paper books, news and reports into electronic form requires people's time, and therefore money. So someone with money has to arrange the transfer, and someone with lots of money has to make this information available, whether in libraries or over telephone and modem.

As governments (especially the Canadian government) and non-profit groups have abdicated the field, the new information commons is increasingly the property of industry. The largest collections of electronic text are owned by

U.S. defense contractor TRW (the Dialog databases) and multinational forest company Mead (Lexis/Nexis).

The average cost to use these corporate owned databases is between \$120 and \$240 per hour. Until recently, the only people who could use these powerful but expensive tools are government, lawyers, and multi-nationals. Most non-profit groups or alternative thinkers hardly know they exist.

Worse: the determining factor for

Virtual authority: a technically equipped individual can now mimic a large institution. If you have a book, or a point of view, you can "publish" on electronic networks, with the same authority as Encyclopedia Britannica.

what to include, and what not, is not religious bias, as in monastery days, but business interests. In one case, a major service refused a database containing social justice issues in Latin America, because there wasn't enough business interest in it. Human rights just isn't a big money-maker in the information market place. It's hard to give that stuff away...

Given the Canadian government's intense interest in issuing licenses for cable cartoon channels, and complete inability to deliver anything useful in the way of electronic information, it's up to the techno-peasants to take matters into their own hands (or rather keyboards).

Fortunately the time is ripe. The entry price of a computer has crashed, with a used "XT" IBM clone selling for less than \$100 at swap meets. And for the first time, the ability to deliver massive amounts of searchable information is moving out of the corporate mainframes, and on to more affordable PC's. At the same time, computer networks like the

Internet have outstripped the slow pace of bureaucracy's strangling regulations. It's the wild west out there: "information" country.

Stranger still, a technically equipped individual can now mimic a large institution. If you have a book, or a point of view, you can "publish" on electronic networks, with the same authority as Encyclopedia Britannica. Virtual authority.

If you have information that falls outside the official line, about health, spirituality, the environment, politics — anything — you can add *that* to the new commons. As paper gives way to digital information, whether in text, video or sound, what you contribute now may determine what is heard, and what thoughts are possible.

Most people who write, now write on computers (typewriter companies have gone out of business). All writers need do

is get the *disk* copy to a common pool, in addition to whatever short-run paper version is printed. The disk version may travel around the world, and last for centuries, long after the paper has been recycled. Discerning readers can also add to our common wealth, by purchasing a hand "scanner", or by typing important items to disk.

Cyber-monks must add the millions of bits of information to the new global mind evolving. Over 20 million people a day are talking in electronic space. Your voice, your point of view is needed. Otherwise, the grey wall of profit and ownership will not only encompass the last of the physical common greens, but also the very building blocks of our minds.

Bob Lyons operates "Alternatives Information Systems," a haven for unprofitable but very necessary information. You can get free information, and add your own, by calling (604) 430-8080 with your computer modem.

rights, adherence to democratic principles, and the rule of law." For similar reasons, we must allow arms sales to Indonesia, so that we can continue to have a constructive "dialogue" and maintain our "leverage and influence," so benignly exercised in the past, much as in Latin America, Haiti, the Philippines, and other places where U.S. training has instilled such admirable respect for human rights.

Democracy Enhancement 101

From page 39

nesian military personnel to the United States for training at universities. Congress agreed, noting the "enormous dividends" of the U.S. military training of the killers and continued communication with them. The same training expedited the war crimes in Timor, and much else.

Plainly, it would be unfair to deprive the people of the region of such benefits. That is exactly the position taken by advocates of U.S. military training, for example Senator Johnson. His evidence is a quote from the Commander of the U.S. forces in the Pacific, Admiral Larson, who explains that "by studying in our schools," Indonesian army officers "gain an appreciation for our value system, specifically respect for human

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Freedom of information

A step-by-step guide to getting it, from the West Coast Environmental Law Research Foundation

BC's Freedom of Information Act, in force since October, is an important new tool for those of us who are seeking information necessary to protect the environment. Note, though, that the Act should be seen as a last resort: there are other legitimate approaches which can be just as effective. Still, when all else fails, here is one simple strategy for getting your information.

1. Figure out as precisely as you can what information you want. Note whether it's a specific document(s) you're after (eg., a report by Smith done in June 1992), or whether you are "fishing" for information you aren't sure exists (eg., any report by Smith in 1992).

2. Go first to the company or government office that you think is primarily responsible for the information.

> Try as persuasively and effectively as you can to get the information you need.

> If you don't know exactly what information they have that you need, try to find out in a non-threatening way what information they have before you begin asking for it.

> Be as practical as you can. For example, if a government file is huge, ask to look through it to see what would be useful before you ask for a copy of the whole thing.

> Remember — and try to persuade the government or company officials — that building an effective (if not always friendly) relationship for achieving reasonable public access to relevant information is a precondition for constructive solutions to problems.

> Keep a written record of all your efforts (each phone call, each letter, etc.) You may well need this later.

3. If you get the information you need, great. If not, ask yourself who else might have the information you're after: a government agency that received a copy of a report done for a company, for example. Repeat the steps above.

4. Still unsuccessful? Remember, when it comes to getting what you want from bureaucracies, *persistence pays!!*

> If a company has the information

you need and the government does not, then the Freedom of Information and Protection of Privacy Act will not help you. You'll need to get more insistent. Make sure your request is in writing, if it isn't already. Go up the company "ladder." Apply public pressure. Seek help from potential allies such as the company's employees' union, a municipal council, government agency, other concerned community groups, etc. A legal remedy would be unlikely, but might be possible in some situations. Consult a lawyer.

> If the government does have the information you need, and if your reasonable approach hasn't worked, then make a formal request under the Act.

5. Each ministry has a Freedom of Information director or manager. It's not strictly necessary, but usually it would be useful to call them to discuss the request before putting it in writing. Ask if he or she can get you the information without a formal request. Ask him or her to help you with the description of the information you are after. Find out what section of the Act he or she gives as the likely grounds for refusing the request (so you can rebut those points in your request). If you are calling from outside Victoria, remember you can call government numbers in Victoria for free: in Vancouver call 660-2421, elsewhere call 1-800-663-7867.

6. A request under the Act is very simple: address and date a letter or fax to the Freedom of Information director or manager of the agency you think has the information you want (an oral request can be made by someone whose ability to read and write English is limited or who has a physical disability that impairs his or her ability to make a written request); describe the information you want as closely as possible; say that this is a request for information under the Freedom of Information Act; give your name and address.

7. Unlike the federal Access to Information Act, you do *not* have to be a

See page 44

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Taking care of business

A conversation with Tom O'Flaherty, the man behind Maximizer contact management software

Interview by Joseph Roberts

JR: You call Maximizer "a people-oriented database." How do you mean that?

TO: The data entries, instead of being parts, vehicles or trees, are people. It's designed for businesses whose function is keeping track of people. That would include anybody in sales or customer support, any professional with a network, any business dealing with supplies and customers. Most of us spend most of our time dealing either with people or with organizations. Maximizer does a good job keeping track of both.

JR: Maximizer falls into the arena of contact management software. Do you see a bridge eventually building to the accounting applications, such as ACCPAC?

TO: Yes, we do. In many cases you use Maximizer to keep track of a customer. But when a customer makes an order, you need to put it into your order entry system. So there will develop a link between Maximizer, an order entry and an accounting package.

JR: I see that progression happening with PageMaker. Now they have Page Ahead software; you can make adjustments in the database, then pour it into the page layout program. But the field of

Tom O'Flaherty is president of Modatech Systems Inc.

integration moves so quickly. There's been some really awful software made by forcing integration that isn't really there yet.

TO: It's getting better because of the Windows interface. Windows allows you, through such things as DDE (Dynamic Data Exchange) and OLE (Object Linking and Embedding), to run two Windows applications side by side -- Maximizer and Simply Accounting, for instance. If the applications have those DDE links provided by the vendors, then the end-user can make them work together, can link them up, because this facility is built into the Windows interface. With Windows, you're able to pick the best of breed applications. It's still a bit clumsy and not available as much as you'd think, but it's changing very rapidly.

JR: Can you give any rules of thumb in selecting best of breed?

TO: If I'm a shopper who has made the decision to put all my clients on a data base, I'll need to have a good vision of how I conduct my business.

For instance, a person selling real estate generally looks at the world in terms of individuals, because individuals tend to sign mortgages and buy houses. For people selling business to business their customers are businesses themselves, with various people within that business needing to be sold before a decision can

be made. So do I need to keep track of a lot of names within a business or is it person to person? Some products are biased more to one than another.



Tom O'Flaherty

This is one deciding factor. Networks are another important consideration. That is, if I buy this application and it works for me, will others want to use it and will we want to share data? Will it run on a network? Is there a version available for a network?

There are basic things like this that the user needs to address, to use as a checklist before shopping. Also, read reviews and choose a few appropriate products. Generally, if a product is reviewed in the big publications, this indicates it's fairly solid. You're not getting Version 1.0 and

having to test it for the manufacturer. At that point, go into a store, talk to salespeople, compare prices and features.

JR: I've noticed some programs don't really have an import/export function. QuickBooks, for example, will import and export to Quicken, their own product, but they're not open enough to export to other databases.

TO: Right. It's a big world out there and you've got to be able to share data among all sorts of different applications. Our software handles nitty-gritty stuff: "What did I promise I'd do today? What did I plan for tomorrow? What did I miss yesterday?" I'm an extensive user myself, and I hear from a lot of other users that this system helps them pay more attention to their relationships with their customers and clients. With a few keystrokes, I can put on-screen everything I've discussed with a client. Every time I print a label, it's there; if I've promised something mailed for a certain date, it's there. All that information, instantly.

Now I can relax and focus on my client, as opposed to, "Gee, did I forget something? Do I need to be defensive here? What's he calling about?" It reduces tension, and enables you to relate to your world, whether it's sources of information for your editorial staff, customers or suppliers.

Of course, I'd like you to buy Maximizer, but I think you'd find that with any good contact manager the basics are quite similar. I think anybody that uses us or our competitors would say that. The end result is you can get more done. •

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Demetra George, mythologist and astrologer, is the Director of the Oregon Coast Center for Women's Studies. She is the author of *Asteroid Goddesses and Mysteries of the Dark Moon*. Her research synthesizes the ancient mythology and archetypal psychology with feminist astrology.



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Rupert Sheldrake, Ph.D., has spent over 20 years researching the growth and development of plants at Cambridge, in the rain forests of Malaysia, and at a research institute in India. He is the author of *A New Science of Life*, *The Presence of the Past*, and *The Rebirth of Nature*.

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Maximizer: an overview

By Len Wright

Maximizer for Windows is a powerful contact management software package designed to help professionals manage business contacts and relationships, store and classify names and addresses, track history, write letters, send faxes and auto-dial. It provides a pre-designed but highly flexible database to manage as many clients as your hard disk will hold.

You can classify the people and companies in as many ways as you like, and can search for any information using Boolean logic. There are 26 predefined, plus unlimited user-defined, fields for each client, with no limit to a record's size. A single "company client" record supports unlimited contacts, notes and alternate address.

Extensive "drag and drop" capabilities make Maximizer quick and easy to learn. The integrated full-featured word processor includes font control and spell checker and thesaurus (in up to 17 languages for additional cost). Templates can be used for mass mailing and faxing. The editor allows full mail-merges using any Maximizer fields. There are also 50 standard reports plus custom user-definable reports.

Len Wright is the owner of PLUS Computer Solutions in Burnaby.

Freedom of Information

From page 42

resident of Canada. Nor do you have to send any money with the initial request. If searching or copying will be time-consuming, the Act and regulations allow the government to charge you. Fees of less than \$50 are waived, though.

8. If you want, you can include your phone number in the letter so a ministry employee can call you to discuss what information you really want and how you are going to have access to it (looking at it in a government office, having copies sent by mail, etc.) Also, if you want (this is not a requirement), you can include in the letter the reason you want the information. This could help the government employees narrow their search to information you really want. It could also be helpful in establishing a case for a public interest waiver or reduction of fees.

9. Once the government receives your request it has 30 days to respond to you. If you get what you wanted, great!

10. If you don't get the information you are seeking, you can make a written complaint to David Flaherty,

The integrated calendar includes alarms, conflict checking, recurring appointments and group scheduling. The Hotlist includes all scheduled appointments, clients to be contacted and recurring dates within a specified date range.

Other features include auto dial and fax, phone call tracking, personal accounting and a journal.

Multiple text editors and multiple instances of Maximizer can be run at once. Macros, customizable pop-up windows for data entry, and on-line help assist database building and maintenance.

A special utility intelligently merges data from one database to another. This is designed to smoothly handle such things as data taken "on the road" or updates to or from the head office database.

DDE links to WinFax Pro and other fax software packages make it easy to send multiple faxes. WordPerfect, Word and AmiPro are linked automatically to Maximizer with DDE.

Data can be imported or exported from/into ASCII (CSU, comma-delimited, or tab delimited formats).

Maximizer for Windows is fully network compatible. It allows locking at the item level, and includes full user security and rights. The program uses Novell's Btrieve for its database. •

Information and Privacy Commissioner, Room 224, Parliament Building, Victoria, BC, V8V 1X4, phone: 356-8172, fax: 356-8172.

11. To get very far in a dispute about access to information you will need a copy of the Act, a 1993 amendment, and the regulations. The Act (and the amendment) is \$5.75 plus GST and the regulations are \$2.60 plus GST from Crown Publications, 546 Yates Street, Victoria, BC, V8W 1K8. Phone: 386-4636, fax: 386-0221.

12. Also, a two volume Policy and Procedures manual is being sold for \$75 by the Freedom of Information and Protection of Privacy Branch, 553 Superior Street, 2nd Floor, Victoria, BC, V8V 1X4, phone: 387-1992, fax: 387-1358. A shorter version, called a handbook, will soon be available for \$25.

13. Last but not least, the Act requires the government to publish a directory of government information, and this is now being prepared for publication.

14. If you want help getting environmental information, do not hesitate to contact the West Coast Environmental Law Research Foundation at (604) 684-7378 or 684-1312. •

The Lion's Shoulder

Much of Rumi's poetry circles about the mystery of surrender. One aspect of that is a forcefulness. It might be called discipline, or clarity, or integrity.

By Coleman Barks

When Rumi talks about fasting, he often brings in the image of a lion. The power of the appetites is in the lion, the power to control them, or indulge them. Lion-energy doesn't discriminate between the two. The lion is also associated with the sun. The lion wants more light. Sometimes that means fasting, sometimes feasting. The spirit lion is the dawn presence, the one who calls out, announcing the next.

This is not a passive animal. This is not the part of the self that loves bewilderment and melting songs and drunken merging. This is the energy of ornery independence. The lion has dignity. His family group is called a pride. When Buddha returned to his students after the forty-nine day bodhi tree fast, he said, "Have I ever spoken to you like this? This is the roar of the lion!"

Nietzsche's Zarathustra describes the three stages of psychic metamorphosis in terms of a camel, a lion, and a child. The camel represents the devotee stage, when one carries burdens and kneels to a teacher and a teaching. The lion brings in that which does not imitate:

"In the loneliest desert the second metamorphosis occurs: The spirit here becomes a lion; it wants to capture freedom and be lord in its own desert. It seeks here its ultimate lord: it will be an enemy to him and to its ultimate God, it will struggle for victory with the great dragon. What is the great dragon which the spirit no longer wants to call lord and God? The great dragon is called 'Thou Shalt.' But the spirit of the lion says, 'I Will!'"

— Thus Spoke Zarathustra

The lion says no to any dutiful carrying-on, or comfortable inertias. The spirit lion leads out of marginal, dependent existence into the danger and

Excerpted from Coleman Barks' introduction to Feeling the Shoulder of the Lion, Poetry and Teaching Stories of Rumi, Threshold Books, 1991. Mr. Barks is a poet, translator and teacher of Creative Writing at the University of Georgia. He is at Hollyhock with dancer Zuleikha, August 1-6, to present their workshop, "Rumi's Flute — Mysticism & the Artist."

blankness of the desert. That's the lion's freedom. I associate the lion with Moses and Sophocles, and Abdul Jabbar Niffari, Padmasambhava, and Francis of Assisi, with King Lear, Goethe, Blake, and Keats, with D.H. Lawrence and Robinson Jeffers, with Mark Twain and Gary Snyder, with my friend Ed Hicks in Troy, Alabama, and with my son Benjamin. I feel the lion waking in me when I clear the decks, when I say no, and wait for some vastness to enter.

But there are gentle and great-hearted qualities to this stage of psychic evolution too. The lion leads to the child by expanding the horizon. In alchemy the lion is an intermediate transformational symbol.

Nietzsche's sequence is important. One doesn't move directly from camel to child, from devotee to new consciousness. Lion-energy is the bridge.

There are political aspects to the lion too. He roars. He speaks strong language and wants, above all, for the truth to come out and be seen. When the lion enters, the revolution begins. Lion-energy and warrior-energy are close. In sufi stories sometimes a great eccentric

teacher will be riding a lion. Shams was associated with this animal, and he was completely his own man. Whenever students would begin to gather around him in a dependent relationship, he would excuse himself and vanish. He was called "Parinda," the winged one. Lion's often have mythic wings. They look right with wings. They need them to flee the company of hypocrites and imitators.

But if the lion's solitude doesn't have a core of devotion, it's hollow. If the lion hasn't bowed all the way down to a teacher, he turns mean. If the child hasn't the various strengths of the patient camel and the fearless lion, his joy is vague and uncreative. These are my speculations on Nietzsche's speculations.

But the chief lion attribute is his authority. It is an authority over himself, and it is also an authority that comes from living close to a deep sense of self that he will not betray. I remember seeing in the old Atlanta zoo a lion who stood in the middle of his cage all afternoon and moaned out a huge hollow protest. It was so powerful and clear that no one could bear to stay in that part of the building.

Lions cannot live in cages, or be told what to do. Being a lion is not fitting in. He does not refer to group behaviour, only to that which he generates and validates from within.

But lion-ness — whether trapped by civilization or wild, and however much it may be needed — is not Rumi's point. "Lion strength weakens to nothing." Human beings be they camel or lion or child or gazelle or donkey, are here to remember that they're in borrowed clothes. All this magical body-finery is on loan, like stained glass, while it's letting sunlight through:

"The crime is that they put on borrowed robes and pretended that they were theirs..."
The earth-coloured glass makes everything seem diverse, but that glass eventually shatters.
Your lamp was lit from another lamp.
All God wants is your gratitude for that.
Lend, is the divine command.
Make God a loan from your existence
— "The Gazelle"

I hear the lion's roar in Rumi, but he certainly didn't stop with that thunderous no to what blocks light, to easy answers and the need to belong. He moved on out into an enormous open, into the creative yes of the child, and beyond. That joy is felt under all the words, but I have wanted to emphasize the lion aspect, probably because I need more of that in my own life. I find, as I explore the world of Rumi's work, that I keep discovering those qualities with which I need attunement. •

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Colour and sense

A conversation with local artist Nora Blanck

by Martin Andersen

MA: You say that "colour is good for the senses and for the soul." What does colour do for the senses?

NB: I'll tell you a little story. About seven years ago, I started teaching colour, drawing and painting in the Foundation area at Emily Carr. I had taught colour before, but not in such a concentrated form. And it takes a lot of concentration. A lot of abstract, visual concentration as opposed to the intuitive, expressive concentration I have when I work on my own paintings.

Spending all this time focused so intently on colour alone, I found that my sense of smell increased. I certainly hadn't expected that. But it happened.

MA: Did you notice this effect on any other senses?

NB: It's harder to tell because I've

Nora Blanck is an artist and teacher at Emily Carr College of Art and Design. She presents her workshop, "Painting & Colour" at Hollyhock, August 15 - 20.

always been very acutely aware of my other senses. But smell was always just a nice thing. You know, it was romantic, or nostalgic, or whatever. And useful, certainly it's useful. . . .

MA: But it is generally an underrated sense.

NB: Yes. And less conscious. So it seems that as you become more acutely conscious in certain areas of your senses, a kind of simultaneity happens in the rest of your senses.

MA: And how does this connect with the soul?

NB: In the broadest sense, in dealing with image, we can access many levels of who we are. We can access our intellectual levels, our spiritual levels, our social awareness, or even just an awareness of physics. Maybe that's not the right word. "Physics" has all these connotations of "math things." But who has not looked at the spectrum coming through a prism and just delighted in it? The order that's in it! The order, the magic of the physics!

The human eye is one of the most complex systems in nature. The information that it takes in is also complex.



Nora Blanck in her East-side studio

Spending all this time focused so intently on colour alone, I found that my sense of smell increased... It seems that as you become more acutely conscious in certain areas of your senses, a kind of simultaneity happens in the rest of your senses.

Movement, scale, all the nuances of colour, light and dark, and so on. And I believe that intuition is a very complex form of order. There is a very wonderful connection between intuition and this visual sense.

MA: As a teacher, how do you get people to tap into the colourful sides? And what can they find there?

NB: The visual image can be a wonderful doorway for emotional or spiritual development. But first we have to feel comfortable with our image-making. We need to unlearn all that "it's gotta be right" stuff.

I tend to have people pick a colour that grounds them, that somehow sym-

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bolizes their strength and their place of being centered. Then I have them use colour to connect with an issue that they want to deal with. I encourage people to be very emotional with what's happening.

So sometimes in a group, there will be five people painting away and one person will be crying. Or two people will be crying, or people will be hugging each other. Sometimes that doesn't happen at all. Some people get really into their intellectual side, and that's fine too. We all have different things we have to do.

MA: Any favourite exercises you would suggest?

NB: Just draw!

MA: Well that's pretty straightforward!

NB: Draw and write. The visual stuff. One wonderful thing to do is just to scribble for 45 minutes. In my drawing classes that's how I start. Best to do it standing up so you're physically involved. Then go with whatever you're feeling, whatever's happening. And stick with it. Make a commitment to that timespan. So you go through boredom, you go through exhaustion, and you go through hating it, and you go through delighting in it. You just keep finding all those layers. •

ARTLIST

ArtList is a public service provided free of charge based on available space. Events information should be sent to us in the following format: > Date > Show > Artist > Brief description (30 words or less) > Venue > Address > Phone. Deadline for next issue is August 5. Mail to CG Artlist, Box 34090 - Stn D, Vancouver, V6J 4M1. If you feel you absolutely must fax, send half page only with no cover sheet.

GALLERIES

Charles H. Scott Gallery

1399 Johnston St. Granville Island.
254-4918.

> Through Labour Day. "Logo:Leo, 1,000 pieces of Venice". Presented by curator/artist Tom Graff.

> August 13 to 14. "An evening at the Doge's Palace".

Craft Association of B.C.

1386 Cartwright Street, Granville Island. 687-7270.

> July 7 to August 2. Peter Kiss. "Wooden It Be Nice To Take One Home". Wooden painted sculptures. Reception July 7, 6-8pm.

> August 4 to August 30. Nancy Walker. "Gathering on Terracotta". Handbuilt bowls that play with the borders of whimsy, folk art and things strangely remembered. Reception August 4, 6-8pm.

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231 Carrall, 687-7465.

> August 11, 7pm to midnight. All commercial and non-commercial galleries on Hastings, Cordova and Carrall St. (there are over 10) will be open with new exhibitions.

Grunt gallery

209 E 6th, 875-9516.

> July 12 to 31. "Turning the envelope inside out". Kristen Krimmel & Barbara Seamon.

Monte Clark Gallery

233 Carrall, Gastown, 685-8400.

> Through July. Graham Gillmore, Walter Lab, Don Pollock, Ev Thomas.
> August 11, 7pm to midnight. Gastown Galleries Block Party. All galleries will be featuring new exhibitions.

Nanaimo Arts Council Gallery

Sealand Market on Stewart Ave., 753-7700.

> July 4 to 31. Denise McNeill.

> August 2 to 31. "Tribal & Textual Art" by Eleanor Taylor.

Presentation House

333 Chesterfield Ave, N Van, 986-1351.

> Through July 24. "Champs d'Eclipses" by Sylvie Readman from Montreal. An exploration of the portrait of landscape. Also, Joseph Sudek: renowned Czech Modernist photographer.

Project Gallery

88 E Cordova St. Gastown, 688-1811.

> Contemporary Canadian Paintings, Drawings & Sculpture by Vikky Alexander, Lenna Greer, Dan Hudson, Marcus Bowcott, Grant Watson, Alan Wood to Aug. 1.

> August 11. Thursday. Gastown Galleries Block Party, 7 pm-midnight. All galleries will have new exhibitions.

Shepard Gallery

4433 Sundial Place, Whistler BC, 938-3366.

> July 2 to July 15. "Solo exhibition" by Berge Missakian. Reception July 2.

> August 1 to August 31. Group show

of local artists, including Hugh Kearney, Christina Nick, and Mary Cartmel, in the upper gallery.

Teck Gallery

SFU Harbour Centre

515 W Hastings. 291-5126.

> Through July 9. "Cultural Treasures", a collection of traditional Indonesian textiles.

> July 12 to August 27. New editions: 1994 prints by B.C. artists.

> July 21, 7:30pm. Dan Dailey is lectures on the glass arts. Admission \$5. Reservations 291-5100.

> July 13, 9am - 5pm. "Walk around the Block". Reservations: 291-5100.

> July 14, 9am - 5pm. "Box City". Reservations: 291-5100.

> July 20. "Women in China today". Reservations: 291-5118.

Silk Purse

1570 Argyle Ave, W Van, 922-2262.

> July 26 to August 7. Len Harrison photo exhibit

Vancouver Art Gallery

750 Hornby, 682-5621.

> June 15 to September 5. Canadian and American artists share the spotlight in summer show. Tours throughout the summer.

Vancouver Maritime Museum

9105 Ogden, 737-2211.

> April 20 to July 20. "The Spirit of Haida Gwaii".

Winchester Galleries

1545 Fort Street, Victoria.

595-2777.

> July 3 to July 23. "Abstract Expressionism" by Paul Ygartua. Reception July 3rd, 1-5pm.

> August 7 to August 20. "Perennial Colours" by Deryk Houston.

> August 21 to September 10. "The Limners". An annual exhibition by the Society of Limners. Reception August 21, 1 - 5pm.

SPECIAL EVENTS

International Jazz Festival

> June 24 to July 3. Opening night double bill-Shirley Horn Trio & Marcus Roberts trio. 8pm Orpheum Theatre. Tickets. (604) 682-0706. Ticketmaster 280-4444.

Harrison Festival of the Arts

> July 9 to 17. Tickets. (604) 796-3664.

Vancouver Folk Music Festival

> July 15 to 17. (604) 879-2931.

> July 24. Concert at the Vancouver Museum in Vanier Park with Sarah McLachlan.

> July 30 to 31. Powell Street Festival. Oppenheimer Park, 400 Powell Street.

> August 5 to 9. The Festival of the Written Arts announces Six Writer/Mentor Programs. Information at (604) 885-9631.

> August 19 to 21. Red mountain Rock & Twang Concert. Rossland, B.C. With Taj Mahal and many more. Tickets 1-800-422-HOOT.

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Info 988.ARTS



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Leo Tolstoy: the first step

I remember how an Evangelical preacher who was attacking monastic asceticism once said to me with pride at his own originality, 'Ours is not a Christianity of fasting and privations, but of beefsteaks.' Christianity, or virtue in general — and beefsteaks!

During a long period of darkness and lack of all guidance, Pagan or Christian, so many wild, immoral ideas have made their way into our life (especially into that lower region of the first steps towards a good life - our relation to food to which no one paid any attention), that it is difficult for us in our days even to understand the audacity and senselessness of upholding Christianity or virtue with beefsteaks.

Not long ago I had a talk with a retired soldier, a butcher, and he was surprised at my assertion that it was a pity to kill, and said the usual things about it's being ordained. But afterwards he agreed with me: 'Especially when they are quiet, tame cattle. They come, poor things! trusting you. It is very pitiful.'

This is dreadful! Not the suffering and death of the animals, but that a man suppresses in himself, unnecessarily, the

Tolstoy (1828-1910) the distinguished Russian novelist, dramatist and essayist, was a profoundly original Christian: his attention was focused on what he understood to be Jesus's concerns, rather than on a set of beliefs about him. He considered the Gospels, containing the words of Jesus, to be more authoritative than the rest of the Bible, and, bypassing theology altogether, arrived at a very Christ-like Christianity which included the concept that animals were also children of God. In his old age, he corresponded with the young Mahatma Gandhi, who shared his views on life (and who named one of his South African centers "Tolstoy Farm").

This selection is from his article, "The First Step", reprinted from The View from the Vegetarian Side: the testimony of poets and saints, Sant Bani Press.

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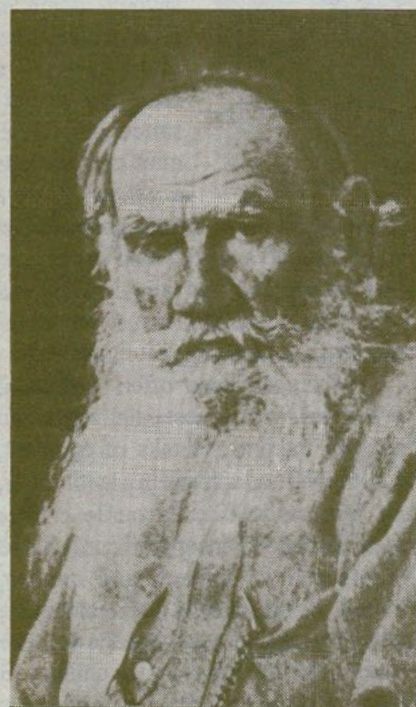
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highest spiritual capacity - that of sympathy and pity towards living creatures like himself - and by violating his own feelings becomes cruel. And how deeply seated in the human heart is the injunction not to take life!

Once, when walking from Moscow, I was offered a lift by some carters who were going from Serpukhov to a neighbouring forest to fetch wood. It was Thursday before Easter. I was seated in the first cart with a strong, red, coarse



Leo Tolstoy

cartman, who evidently drank. On entering a village we saw a well-fed, naked, pink pig being dragged out of the first yard to be slaughtered. It squealed in a dreadful voice, resembling the shriek of a man. Just as we were passing they began to kill it. A man gashed its throat with a knife. The pig squealed still more loudly and piercingly, broke away from the men, and ran off covered with blood.

Being near-sighted I did not see all the details. I saw only the human-looking pink body of the pig and heard its desperate squeal, but the carter saw all the details and watched closely. They caught the pig, knocked it down, and finished cutting its throat. When its squeals ceased the carter sighed heavily. 'Do men really not have to answer for such things?' he said.

So strong is man's aversion to all killing. But by example, by encouraging

for a good life a certain order of good actions is indispensable

greediness, by the assertion that God has allowed it, and above all by habit, people entirely lose this natural feeling.

I only wish to say that for a good life a certain order of good actions is indispensable; that if a man's aspirations toward right living be serious they will inevitably follow one definite sequence; and that in this sequence the first virtue a man will strive after will be self-control, self-restraint. And in seeking for self-control a man will inevitably follow one definite sequence, and in this sequence the first thing will be self-control in food. And if he be really and seriously seeking to live a good life, the first thing from which he will abstain will always be the use of animal food, because, to say nothing of the excitation of the passions caused by such food, its use is simply immoral, as it involves the performance of an act which is contrary to moral feeling — killing.

"But why, if the wrongfulness of animal food was known to humanity so long ago, have people not yet come to acknowledge this law?" will be asked by

those who are accustomed to be led by public opinion rather than by reason. The answer to this question is that the moral progress of humanity - which is the foundation of every other kind of progress - is always slow; but that the sign of true, not casual, progress is its uninterruptedness and its continual acceleration.

And the progress of vegetarianism is of this kind. That progress is expressed in the actual life of mankind, which from many causes is involuntarily passing more and more from carnivorous habits to vegetable food, and is also deliberately following the same path in a movement which shows evident strength, and which is growing larger and larger — viz. vegetarianism. That movement has during the last ten years advanced more and more rapidly. More and more books and periodicals on this subject appear every year; one meets more and more people who have given up meat; and abroad, especially Germany, England, and America, the number of vegetarian hotels and restaurants increases year by year.

This movement should cause special joy to those whose life lies in the effort to bring about the kingdom of God on earth, not because vegetarianism is in itself an important step towards that kingdom (all true steps are both important and unimportant), but because it is a sign that the aspiration of mankind towards moral perfection is serious and sincere, for it has taken the one unalterable order of succession natural to it, beginning with the first step.

One cannot fail to rejoice at this, as people could not fail to rejoice who, after striving to reach the upper story of a house by trying vainly and at random to climb the walls from different points, should at last assemble at the first step of the staircase and crowd towards it, convinced that there can be no way up except by mounting this first step of the stairs.

INFLUENCE New media McStrategy

McDonald's Restaurants in Ontario is tapping into the targeting power of women's magazines to promote Happy Meals to mothers with young children.

Recent issues of Maclean Hunter's *Chatelaine*, *Modern Woman* and *Today's Parent* included a two-page, four-colour pull-out inserted in a double-page spread. Kids are invited to draw a picture of a happy moment with Mom and the family on the pull-out and drop it off at McDonald's for the chance to win a family vacation at Club Med in the Dominican Republic. The ads also promote Tonka trucks and Cabbage Patch Kids figurines. McDonald's decided to try women's magazines because they can more effectively reach busy mothers who tend to be light TV viewers, says Carole-Anne Desjardins, senior vice president of Toronto-based Genesis Media, which developed the promotion. The medium is also virtually untouched by McDonald's competitors. If successful, the promotion may be repeated in the magazines' July and September issues.

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Gourmet Vegetarian Specialties
Jeanne Marie Martin
 Harbour Publishing, Madeira
 Park, B.C., 1993

Since more and more people are turning vegan, Martin's book is timely and vital. Up to this point, guidelines for this plant-based diet have been insufficient. *Vegan Delights* offers a nutrient guide as well as 200 recipes to ensure vibrant health to anyone fresh to the vegan lifestyle.

A resident of Vancouver, Martin specializes in creating diets for people with chronic health problems such as allergies, heart conditions or weight control problems. In *Vegan Delights*, she shares with us an expertise developed over twenty-two years of writing, lecturing internationally and consulting privately on topics concerning natural foods and wholistic lifestyles.

With such tempting recipes as Exotic Flower and Wild Greens Salad, Easy Sunflower Pate (see recipe below), Tofu Passion Cheesecake, or the Rich Vanilla Ice Cream, you will discover many tasty menus.

Easy Sunflower Pate

(Serves 6-8)

by Jeanne Marie Martin

Dry ingredients:

1 cup sunflower seeds, finely ground
 1/2 cup cornmeal, kamut flour or amaranth flour
 1/2 cup engevita or other yellow nutri-

tional yeast, powdered
 3 tsp. dried parsley flakes crushed
 1 1/2 tsp. dried basil, crushed
 1 tsp. dried thyme, crushed
 3/4 - 1 tsp. sea salt
 1/2 tsp. dried sage leaves, finely crushed
 1/4 tsp. sea kelp

Wet ingredients:

1 cup finely grated potato
 1 1/3 cups water
 1/4 cup sunflower oil or other natural oil
 2 Tbsp tamari soy sauce
 3-4 tsp prepared horseradish

Mix the dry ingredients together in a bowl. Grate the potato and rinse it thoroughly to remove excess starch. Squeeze and drain it after rinsing. Add the remaining ingredients in the order given, stirring in the potato last. Mix well.

Preheat the oven to 375°F. Generously oil a 9" glass pie plate and scoop in the pate mixture. Put it in the oven and immediately turn the heat down to 350°F. Bake 35-45 minutes until well browned.

Let the pate cool 1-2 hours and then chill it thoroughly before serving to set it completely. It may be reheated later if desired. It is tastiest when served at room temperature. Enjoy the pate as an appetizer, snack or protein main dish. May be served with crackers or bread. Great for picnics, lunches or parties. Keeps up to 7 days refrigerated, or may be frozen in pie wedges. •



Neelam Toprani of Delhi Darbar

cilantro) and soothing coconut chutney. Dahi Wada, an unusual savoury donut of lentil flour, garnished with a stunning yogurt sauce and fresh mint chutney was a winner! Masala

India's north and south meet at Fifth and Main

By Martin Andersen

Delhi Darbar, 2120 Main St. (near 5th)
 Dinner entrées from \$7-\$16, averaging \$10. Lunch from \$5-\$7. Catering and take-out available. 877-7733.

From the kitchens of the famed Moghul Emperors comes a marvellously rich, varied and ingenious cuisine. Delhi Darbar's Maynk and Neelam Toprani recreate these ancient dishes with such authenticity and freshness, you may forget you are in the West.

Northern classics make up the dinner menu. South Indian vegetarian specialties highlight lunch. We began with Idlis: steamed cakes of ground, fermented rice enlivened with spicy Sambhar (a curried lentil sauce laced with fenugreek and

Dosa followed, a glorious golden crepe rolled around a spicy blend of potatoes and onions. The seasoning is warm and satisfying, not harsh. Teamed with chutney and sambhar, a great lunch.

The dinner menu offers traditional favourites, with a substantial vegetarian section. Pakoras, chunks of eggplant, cauliflower and spinach in a lentil batter, are light and delicate. Favourite entrees were the Palak Paneer (soft curd cheese smothered in spinach and cream), Paneer Kofta (cheese in tomato sauce with ground almonds and cashews). The paneer, like all else from the chutney to the yogurt for the extra-delicious lassis, is made from scratch, on the spot.

Vegan selections abound. We loved Navratan Korma — fresh vegetables and fruit in a delectable creamy sauce.

Desserts? Kulfi Faluda is a frozen, pistachio-flecked confection presented in slices with sweet rice noodles and an exotic rose syrup on the side. Maynk's mango ice-cream — another home-made treasure — bursts with the flavour and colour of golden, ripe mangoes.

Finally, you must try the Milk Badam, a heavenly blend of milk, cardamom, rosewater and ground almonds. •

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BY SANT RAJINDER SINGH

Science catching up with ancient wisdom of vegetarianism

In the last decade we have witnessed an explosion of scientific knowledge which has made more information available to humanity than in all previously recorded history. As more evidence is coming to light about the beneficial effects of maintaining a vegetarian diet, the number of vegetarians around the world is steadily on the rise.

Throughout history many great philosophers, mystics, saints and enlightened thinkers have recognized the value of vegetarianism. These include such notable people as Leo Tolstoy, Albert Schweitzer, P.B. Shelley, G.B. Shaw, Leonardo da Vinci and Mahatma Gandhi. It is only recently that science has confirmed the views on vegetarianism propounded by these great souls.

Doctors and nutritionists widely recommend that people reduce their consumption of meat, high-fat foods and eggs as a health measure. They encourage the increased use of vegetables, fruits, and whole grains in one's diet to cut down on cholesterol in the body and to minimize the risks of heart attacks,

Sant Rajinder Singh is the spiritual leader of Science of Spirituality, an international organization devoted to teaching meditation for attaining inner and outer peace. See page 11.

high blood pressure, strokes and cancer.

Longtime vegetarians have testified to the changes they experienced when they gave up meat. Many have reported that they felt more energetic, not only physically but mentally. Herbivorous animals such as the elephant, the horse, the mule and the ox are known for their great strength and endurance. Having more stamina, vegetarians tend to exhibit improved efficiency and concentration in their physical as well as intellectual work. We know that the health of the body affects our mental well-being. Some studies involving animals reveal that those fed a vegetarian diet were calmer and more peaceful than animals which were fed meat.

In countries of the East, where vegetarianism has been the main diet for thousands of years, people recognize that whatever they consume forms a part of their body and also influences their thoughts. They believe that if they eat the flesh of an animal then the mental and emotional vibrations or characteristics of the animal will form a part of their own nature. Thus, many people brought up in the traditions of the East prefer to live on plant foods, which are more conducive to mental equipoise.

Enlightened beings, saints, mystics and spiritual teachers have traditionally advocated a vegetarian diet for spiritual



Sant Rajinder Singh

and moral reasons. I will share what I have learned from studying the Science of Spirituality under my spiritual teachers. They explained that we are not only body and mind, but we are soul; and taught a technique of meditation to help us rediscover our soul and journey back to God.

To help gain proficiency in spiritual practices, vegetarianism is necessary. In order for us to be able to concentrate in meditation, we need to be calm and collected. If we eat the flesh of dead animals, our own consciousness will be affected. There is a law in the universe which states that for every action there is a reaction. This means that we must reap the reward or pay the penalty for our thoughts, words, and deeds. Spiritual teachers advise that one should not take the life of any creature. In order for our soul to be successful in completing its journey back to its Creator, it must develop the ethical virtues of nonviolence, truthfulness, purity, humility and selfless service. The vegetarian diet is a natural by-product of nonviolence, for

we should not harm any living creature. Those who are serious about attaining self-knowledge and God-realization should follow a strict vegetarian diet, avoiding meat, fish, fowl and eggs.

Vegetarianism also improves the health of the planet. Ecologists and environmentalists are concerned about protecting the living creatures on earth. It is true that human beings are the highest of all life forms, but we must respect the divine plan and design for our universe and all life inhabiting it.

Environmentalists also have pointed out that one solution to the problem of food shortages is better utilization of our resources. The amount of grain needed to feed one cow to provide meat for one person could feed many times that number of people. Ecologists have also shown that raising cattle and processing meat requires much more fuel, water, and energy than is used to produce grains and vegetables.

As we near the year 2000, our attention has been focused on humanity's hopes and dreams for a better world. Humanity is becoming more enlightened, more concerned about obtaining the highest quality of life, more interested in solving the mysteries of the universe, and more keen to find personal fulfilment and lasting happiness. We are simultaneously concerned about the welfare of our global community and the preservation of our planet. How we maintain our self-being is a choice each of us has to make. A balanced vegetarian diet will result in improved health and fitness, greater mental equipoise and higher spiritual attainment. Following this diet can help us achieve the health and purity of our body, mind, soul and planet. We will not only be contributing to peace for ourselves and all life, we will also be doing our part toward making Planet Earth a haven of joy and peace. •



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ENVIRONMENT

The politics of limitless exploitation

It is more appropriate to think of resources as managing humans than the converse: the larger and the more immediate are prospects for gain, the greater the political power that is used to facilitate unlimited exploitation.

By Donald Ludwig, Ray Hilborn and Carl Walters

There are currently many plans for sustainable use or sustainable development that are founded upon scientific information and consensus. Such ideas reflect ignorance of the history of resource exploitation and misunderstanding of the possibility of achieving scientific consensus concerning resources and the environment. Although there is considerable variation in detail, there is remarkable consistency in the history of resource exploitation: resources are inevitably overexploited, often to the point of collapse or extinction. We suggest that such consistency is due to the following common features: (i) Wealth or the prospect of wealth generates political and social power that is used to promote unlimited exploitation of resources. (ii) Scientific understanding and consensus is hampered by the lack of controls and replicates, so that each new problem involves learning about a new system. (iii) The complexity of the underlying biological and physical systems precludes a reductionist approach to management. Optimum levels of exploitation must be determined by trial and error. (iv) Large levels of natural variability mask the effects of overexploitation. Initial overexploitation is not detectable until it is severe and often irreversible.

It is more appropriate to think of resources as managing humans than the converse: the larger and the more immediate are prospects for gain, the greater the political power that is used to facilitate unlimited exploitation. Where large and immediate gains are in prospect, politicians and governments tend to ally themselves with special interest groups in order to facilitate the exploitation. Forests throughout the world have been destroyed by wasteful and shortsighted forestry practices. In many cases, gov-

ernments eventually subsidize the export of forest products in order to delay the unemployment that results when local timber supplies run out or become uneconomic to harvest and process.

Harvesting of irregular or fluctuating resources is subject to a ratchet effect: during relatively stable periods, harvesting rates tend to stabilize at positions predicted by steady-state bio-economic theory. Such levels are often excessive. Then a sequence of good years encourages additional invest-



Spanish trawler depleting Atlantic cod stocks

ment in vessels or processing capacity. When conditions return to normal or below normal, the industry appeals to the government for help; often substantial investments and many jobs are at stake. The governmental response typically is direct or indirect subsidies. These may be thought of initially as temporary, but their effect is to encourage overharvesting. The ratchet effect is caused by the lack of inhibition on investments during good periods, but strong pressure not to disinvest during poor periods. The long-term outcome is a heavily subsidized industry that overharvests the resource.

We propose that we shall never attain scientific consensus concerning the systems that are being exploited. There have been a number of spectacular failures to exploit resources sustainably, but to date there is no agreement about the causes of these failures. Radovitch reviewed the case of the California sardine and pointed out that, early in the history of exploitation, scientists from the (then) California Divi-

sion of Fish and Game issued warnings that the commercial exploitation of the fishery could not increase without limits and recommended that an annual sardine quota be established to keep the population from being over-fished. This recommendation was opposed by the fishing industry, which was able to identify scientists who would state that it was virtually impossible to over-fish an oceanic species. The fishery collapsed, but the debate persists today.

The great difficulty in achieving consensus is that controlled and replicated experiments are impossible to perform in large-scale systems. Therefore there is ample scope for differing interpretations. There are great obstacles to any sort of experimental approach to management because experiments involve reduction in yield (at least for the short term) without any guarantee of increased yields in the future. Even in the case of Pacific salmon stocks that have been extensively monitored for many years, one cannot assure with any confidence that present levels of exploitation are anywhere near optimal because the requisite experiments would involve short-term losses for the industry.

The difficulties that have been experienced in understanding and prediction in fisheries are compounded for the even larger scales involved in understanding and

predicting phenomena such as global warming and other possible atmospheric changes. Some of the time scales involved are so long that observational studies are unlikely to provide timely indications of required actions or the consequences of failing to take remedial measures.

Scientific certainty and consensus in itself would not prevent overexploitation and destruction of resources.

Many practices continue even in cases where there is abundant scientific evidence that they are ultimately destructive. An outstanding example is the use of irrigation in arid lands. Approximately 3000 years ago in Sumer, the once highly productive wheat crop had to be replaced by barley because barley was more salt-resistant. The salty soil was the result of irrigation. E.W. Hilgard pointed out in 1899 that the consequences of planned irrigation in California would be similar. His warnings were not heeded. Thus 3000 years of experience and a good scientific understanding of the phenomena, their causes, and the appropriate prophylactic measures are not sufficient to prevent the misuse and consequent destruction of resources.

Some Principles of Effective Management

Our lack of understanding and inability to predict mandate a much more cautious approach to resource exploitation than is the norm. Here are some suggestions for man-

Reprinted from Science Magazine.
Photo: Robert Visser for Greenpeace.

agement

1) Include human motivation and responses as part of the system to be studied and managed. The shortsightedness and greed of humans underlie difficulties in management of resources, although the difficulties may manifest themselves as biological problems of the stock under exploitation.

2) Act before scientific consensus is achieved. We do not require any additional scientific studies before taking action to curb human activities that affect global warming, ozone depletion, pollution, and depletion of fossil fuels. Calls for additional research may be mere delaying tactics.

3) Rely on scientists to recognize problems, but not to remedy them. The judgement of scientists is often heavily influenced by their training in their respective disciplines, but the most important issues involving resources and the environment involve interactions whose understanding must involve many disciplines. Scientists and their judgements are subject to political pressure.

4) Distrust claims of sustainability should be suspect. One should inquire how the difficulties that have been encountered in past resource exploitation are to be overcome. Recently some of the world's leading ecologists have claimed that the key to sustainable use of resources in the face of a growing human population may lead to a false complacency: instead of addressing the problems of population growth and excessive use of resources, we may avoid such

difficult issues by spending money on basic ecological research.

5) Confront uncertainty. Once we free ourselves from the illusion that science or technology (if lavishly funded) can provide a solution to resource or conservation problems, appropriate action becomes possible. Effective policies are possible under conditions of uncertainty, but they must take uncertainty into account. There is a well-developed theory of decision-making under uncertainty. In the present context, theoretical niceties are not required. Most principles of decision-making under uncertainty are simply common sense. We must consider a variety of plausible hypotheses about the world. We must hedge; favour actions that are informative; probe and experiment; monitor results; update assessments and modify policy accordingly. And we must favour actions that are reversible.

Political leaders at levels ranging from world summits to local communities base their policies upon a misguided view of the dynamics of resource exploitation. Scientists have been active in pointing out environmental degradation and consequent hazards to human life, and possibly to life as we know it on Earth. But by and large the scientific community has helped to perpetuated the illusion of sustainable development through scientific and technological progress. Resource problems are not really environmental problems. They are human problems that we have created many times and in many places, under a variety of political, social, and economic systems. •

E N O T E S J U L Y

> July 3. 5th annual Full Circle Summer Fair for Organic Farmers, Union Fair Grounds in Maine. (207) 374-2313.

> July 3 - 7. Conference on Global Welfare. NGO Pre Com of the UN Social Development Summit. Tampere, Finland. International Council on Social Welfare. Ms. Iria Raudasojä, P.O. Box 63, SS-00501, Helsinki, Finland. Fax: 358-0-701-3919.

> July 7 - 10. Politics of Anti-Politics. Vienna. Dr. Andreas Schedler - Institute for Advance Studies, Dept. of Political Science, Spumersse-56, A 1060, Vienna, Austria. Fax: 43-1-597-0635.

> July 12 - 15. Second World Conference on Solar Cooking, National University of San Jose, Costa Rica. Info: Solar Box Cooker International. 1724 - 11th St., Sacramento, CA 95814.

> July 16 and 17. Spirit of the Ania (land) Conference. Contact Patricia Wrice, (808) 575-2341. Seabury Hall, Makawq, Maui.

> July 30 to Aug. 31. International Training for Non-Violence. Contact: De Expedite, Schimmelpenninckade 30, 11' 3813 E Amersfoort, Netherlands. Ph. 033-753001.

Compiled with assistance of The Daily Planet. E•Notes is a public service provided free of charge based on available space. Deadline for next issue is August 5. Mail up to 30 words to E•Notes, Box 34090 - Stn D, Vancouver, V6J 4M1.

> Dates TBA. Celebration of Humanities Greatness in a Challenging Age. University of Santa Barbara, CA. Nuclear Age Peace Foundation, 187 Coast Village Road, No. 123, Santa Barbara, Ca. 93108.

(805) 965-2443.

> July 29. "A Celebration of Our Waters", dance with Active Pass to raise funds for water-testing equipment. Tickets & info: The Daily Planet, (206) 945-1219, or Craig Jack's lifeguard station at Locarno Beach in Vancouver.

A U G U S T

> August 3 through 7. International Book Fair, Harare, Zimbabwe. 12 Seious Ave., Harare, Zimbabwe. Phone 263-4-729904

Fax: 44-81-3488463.

> August 14 to 21. VI Turtle Island Bio-regional Gathering Camp Piango. Louieville, Kentucky, Shepard and Tracy Hendrickson, 341 North Hamilton, Indianapolis, Indiana, 46201. (317) 636-3977.

> August 16. International Swim across the Strait of Juan de Fuca by Finn Donnelly, to raise awareness for the Sound & Strait Coalition. Info: (604) 941-5913.

> August 20. 2nd Annual Wild Blackberry Festival, Pt. Roberts, WA. Music, speakers, food, information booths. Promoting a return to organic and self-sustainable backyard gardening. The Daily Planet, (206) 945-1219 or (604) 263-4767. •

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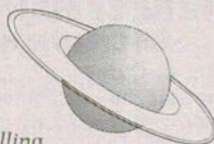
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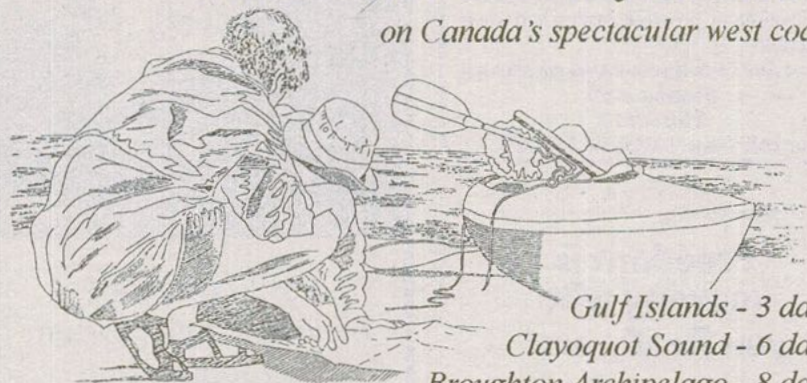
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B Y D A V I D S U Z U K I

The wealth of communities

SKIDEGATE, B.C. -- Having been adopted by the Eagle clan of the Haida people, I attend the Annual Assembly of the Haida Nation in Haida Gwaii (Queen Charlotte Islands). At the end of the meetings, we all take part in a wonderful feast. Tables are heaped with homemade bannock, cakes and pies, along with clams, crab, herring roe, salmon and halibut.

Here culture, history and community are rooted in the abundance of the forests and surrounding waters that define "home" and "belonging." The Haida bring to mind a remarkable speech delivered last year before the United Nations by Anderson Mutang Urud, a Kelabit from Sarawak in Malaysia.

Sarawak is less than two per cent the size of Brazil yet it produces almost half of the world's tropical timber. Even if the rate of logging is cut in half immediately, Mutang says all primary forest in Sarawak would be gone by the year 2000.

And as the forest is cleared, there is a domino effect: "Fish, wild animals, sago palms, rattan and medicinal plants disappear. The trees which bear the fruit which feeds the wild pigs are cut down for timber. The pigs disappear, and with them vanishes the main supply of meat for our peoples . . . Trees and vines with poisonous barks are felled, and find their way into the streams, killing all the fish. Mud from the eroded lands pollutes the rivers, bringing us diseases and destroying our source of drinking water."

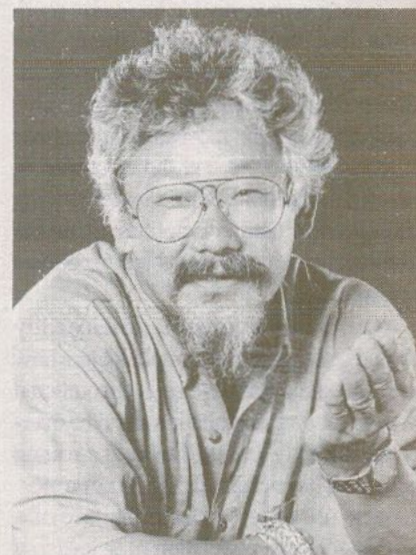
There is a fundamental clash between value systems: "The government says that it is bringing us progress and development . . . For us, their so-called progress means only starvation, dependence, helplessness, the destruction of our people."

Like British Columbia, Sarawak's forestry practices are aimed at maximizing profit with little regard to sustaining communities or conserving the forests: "The government says it is creating jobs for our people. But these jobs will disappear along with the forest. In 10 years, the jobs will be gone; and the forest, which has sustained us for thousands of years will be gone with them."

The real problem is that western notions of progress tear apart ways of life that support communities and families: "My father, my grandfather did not have to ask the government for jobs. They were never unemployed. They lived from the land and from the forest (and) we were never hungry

or in need.

"The Penan, the Kelabit and the other indigenous peoples view the forest as our home. When we see a thief enter our home, we try to defend what is ours."



David Suzuki

Since 1987, there have been peaceful blockades to which the government has responded by arresting and imprisoning scores of people. Mutang himself has been tried in absentia and will be arrested if he ever returns.

Mutang says: "A high government official once told me that in order to have development, someone must make a sacrifice. I replied, 'Why should it be us who must make this sacrifice? We have already become poor and marginalized. Now there is nothing left for us to sacrifice except our lives.'"

"In our race to modernize, we must respect the ancient cultures and traditions of our indigenous peoples. We must not blindly follow that model of progress invented by European civilization. We may envy the industrialized world for its wealth; but we must not forget that this wealth was bought at a very high price. The rich world suffers from so much stress, pollution, violence, poverty and spiritual emptiness. The wealth of indigenous communities lies not in money or commodities, but in community, tradition and a sense of belonging to a special place. . . The world is rushing toward a single culture. We should pause and reflect on the beauty of diversity."

Mutang's appeal on behalf of his people is relevant to Canada. In Haida Gwaii, the land and waters are still rich with life that gives an opportunity to define progress differently and follow a different path. •

David Suzuki's column is a regular feature in CG's Environment section

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ANDREW WEIL, M.D.

Andrew Weil has degrees in Biology, Botany, and an M.D. from Harvard where he has also done extensive research in ethnopharmacology. In the late 1960's he was the first person ever to be given government funding to study marijuana and its effects. This led to the writing of his classic best seller **The Natural Mind**, still used as a psychology text at colleges and universities. A world traveller, renowned for his investigations into man's innate need to use mind altering drugs, he has recently become a **leading authority and powerful advocate of natural medicine and health therapies**. He now lives outside Tucson, with his family and four dogs, and teaches at the University of Arizona College of Medicine.

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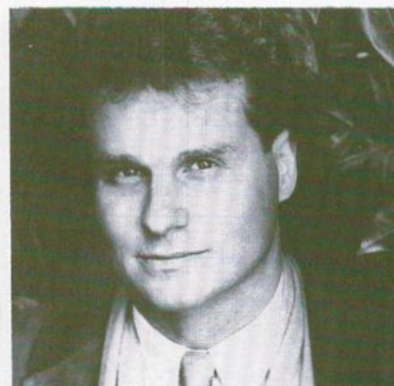
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WADE DAVIS, PH.D.

Wade Davis holds degrees in Biology, Anthropology, and a Ph.D. in Ethnobotany from Harvard. One of those rare specimens of the scientific community - a man of action as well as intellect - he has participated in many expeditions deep into the jungle rainforests of Central and South America, and recently Borneo. He has often been referred to as **the real life Indiana Jones**. Wade Davis' international Bestselling book **The Serpent and the Rainbow** has been published in ten different languages. It was released as a major motion picture by Universal Studios in 1988. A native of British Columbia, Mr. Davis is currently an active international campaigner for endangered peoples and the environment.

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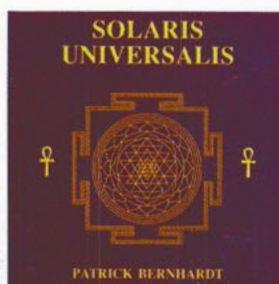
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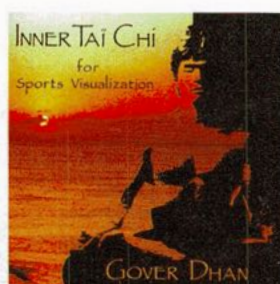
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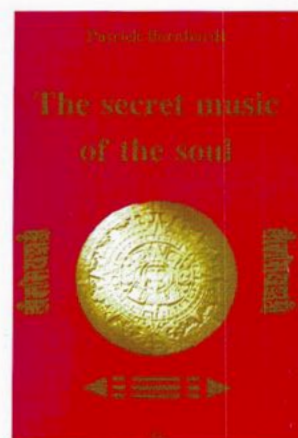
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